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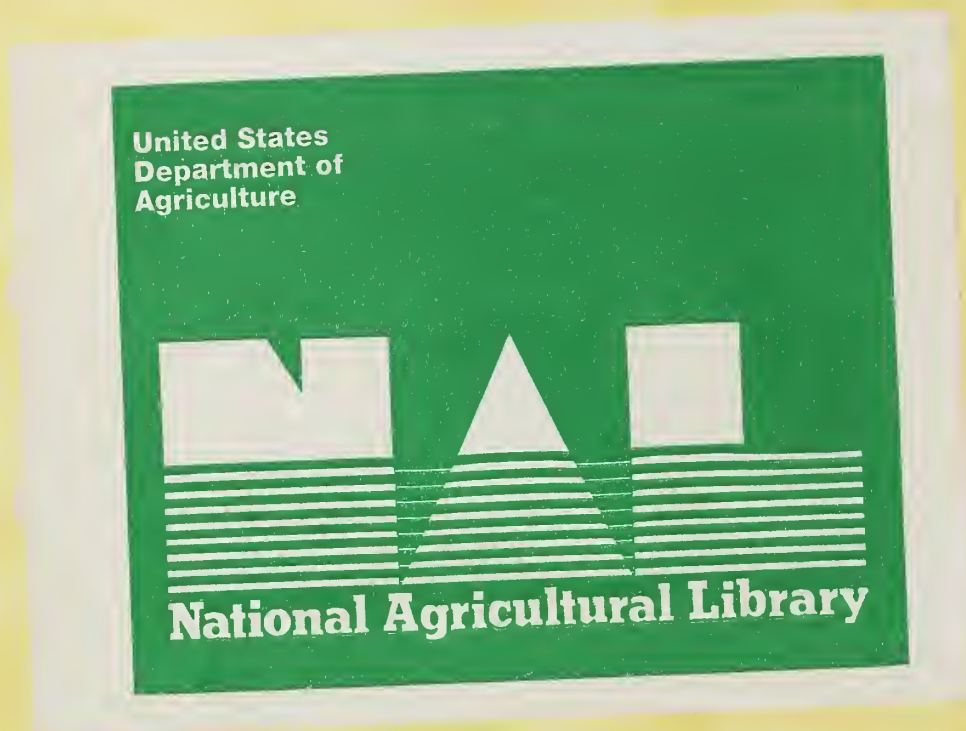
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# Staff Support Kit



Loving Your **Family**   
**Feeding** Their Future  
Nutrition Education Through The Food Stamp Program





## Staff Support Materials


### ■ What's Inside:

- Educator's Handbook
- Discussion Sessions
  - Family Meals – Easy, Tasty, and Healthy!
  - Vegetables and Fruits – Simple Solutions
  - How Much? – Food and Physical Activity
  - Family Time – Active and Fun





# Educator's Handbook

Loving Your **Family**   
**Feeding** Their Future  
Nutrition Education Through The Food Stamp Program



# Acknowledgments


*Loving Your Family Feeding Their Future, Nutrition Education Through the Food Stamp Program* is an initiative of the Food and Nutrition Service (FNS), U.S. Department of Agriculture (USDA). The educational and promotional materials are designed for Food Stamp Program participants or eligibles with children ages 2-18 who may possess low literacy skills and who may be Spanish speakers. The project also includes educational materials for persons delivering Food Stamp Nutrition Education (FSNE). However, these materials can be used in other settings with similar target audiences, such as the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Child and Adult Care Food Program (CACFP), and National School Lunch and Breakfast Programs, to help parents and other caregivers follow the *Dietary Guidelines for Americans* with the goal of improving the eating and physical activity behaviors of their families.

FNS wishes to thank the local, State and Federal practitioners from the Food Stamp Program (FSP) and FSNE in California, Kentucky, New Jersey, Illinois, Florida, Massachusetts, and Texas who have provided input, reviewed prototypes, or tested these materials. Additionally, the following individuals have provided technical expertise and excellent guidance for the successful completion of this project.

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# What is inside this handbook?

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## *Loving Your Family, Feeding Their Future: Nutrition Education Through the Food Stamp Program...*

### **This *Educator's Handbook* serves several functions. It:**

- Helps nutrition educators implement *Loving Your Family, Feeding Their Future*.
- Provides an overview of the ready-to-use educational tools and available resources.
- Introduces nutrition educators to the theme developed for this initiative and encourages its use in other nutrition education efforts.

is an initiative of the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS). This project provides educational and promotional materials and techniques to help nutrition educators in their work with Food Stamp Program (FSP) participants and eligibles. The client materials are specifically targeted and designed for English- and Spanish-speaking women with children ages 2 through 18. They are written in simple, easy-to-read language appropriate for a fifth-grade reader. Other nutrition assistance programs could use these materials with similar audiences.

This *Educator's Handbook* provides an overview of the *Loving Your Family...* initiative, a discussion on the relationship between *Loving Your Family...*, *MyPyramid*, and the *Dietary Guidelines for Americans* (DGAs), and information on how to use the materials.

## *Loving Your Family...* Helps Clients

*Loving Your Family...* is a tool that helps you provide low-literate English and Spanish speakers access to nutrition education that is useful, relevant, and reflects the *Dietary Guidelines for Americans* and *MyPyramid*, USDA's food guidance system. *Loving Your Family...* is user-friendly and focuses on how women and their families can eat better and be more physically active by changing behaviors. In particular, the educational materials and discussion sessions will help clients and their families stretch their food dollars, fix easy and tasty meals, eat healthier, and be physically active.

### **Focus of *Loving Your Family***

*Loving Your Family...* supports these behaviors:

- Eat fruits and vegetables, whole grains, and fat-free or low-fat milk and milk products every day.
- Be physically active every day as part of a healthy lifestyle.
- Balance calorie intake with calories expended.

These behaviors are based on some of the recommendations outlined in *MyPyramid* and the *Dietary Guidelines for Americans*. According to research completed with FSP participants for this *Loving Your Family...* project, these are recommendations that participants would like to be able to follow. These behavioral outcomes are also emphasized in the Food Stamp Nutrition Education Guiding Principles and the FSNE State Plan Guidance<sup>1</sup>.

## *Loving Your Family...* Helps Educators

As a nutrition educator, you have a tough job. You provide nutrition education to many different types of people who often are going through hard times. FSP participants may have limited reading skills and English-speaking abilities. They may also have little or no income. *Loving Your Family...* offers a consistent model for working with these groups. This model includes:

- Materials designed specifically for the target audiences
- Background on their educational needs
- Guidance for teaching relevant, understandable, and achievable behaviors
- Resources to support your nutrition education efforts



# An Overview of the *Dietary Guidelines for Americans* and *MyPyramid*

The *Dietary Guidelines for Americans* are the basis of Federal food, nutrition education, and information programs. They provide science-based advice to promote health and to reduce risk for chronic disease through diet and physical activity.

*MyPyramid*, USDA's food guidance system, provides information on how individuals can put the *Dietary Guidelines* into practice. *MyPyramid* depicts how one's total diet meets nutrient needs from food sources and aims to moderate or limit dietary components often consumed in excess. An important complementary tool is the Nutrition Facts label on food products. For more information on this tool, go to [www.cfsan.fda.gov](http://www.cfsan.fda.gov).

The recommendations in the *Dietary Guidelines* and *MyPyramid* are for persons over 2 years of age and support the basic premise that nutrient needs should be met primarily through consuming foods. *MyPyramid* food guidance system is not a therapeutic diet for any specific health condition.

Individuals with a chronic health condition should talk with a health care provider to determine what dietary pattern is appropriate for them. Pregnant women should also follow the advice of their health care provider regarding food and physical activity recommendations.

## *MyPyramid* Web site

If the time and situation permits, you can customize *MyPyramid* for each participant using the *MyPyramid* Web site.<sup>2</sup> On the site, you can enter information about the participants' age, gender, and activity level and generate a *MyPyramid* plan that is specific to the calorie and nutrient needs of the participant. The plan includes how much the individual should eat from each food group each day. You are encouraged to review and become familiar with the information on the *MyPyramid* Web site, especially the following sections:

- For Professionals
  - Education Framework
  - Food Intake Patterns and Calorie Levels
- Tips and Resources

USDA United States Department of Agriculture

MyPyramid.gov

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- Inside the Pyramid
- Tips & Resources
- Dietary Guidelines
- For Kids
- For Professionals
- Related Links
- My Pyramid Tracker

Steps to a Healthier You

My Pyramid Plan

Age: [Select] Sex: [Select]

Physical Activity: Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select]

SUBMIT



Participants can also visit the *MyPyramid* Web site independently. However, participants with limited literacy skills may have difficulty reading and understanding some of the text. Participants may access the Internet through home, schools, libraries, some public offices and public health and social service organizations. The *MyPyramid* Web site offers participants more ways to improve the health of their families. The Web site is available in Spanish by clicking on the “En Español” button in the top right corner. Using the *MyPyramid* Web site, participants and educators can:

- Work independently to address questions raised during nutrition education sessions.
- Explore topics of particular interest and relevance to participants or educators.
- Obtain information on *MyPyramid* recommendations for other family members.
- Select educational items and activities for children.
- Identify healthy lifestyle options for the entire family.

For those participants who do not have access to the Internet, you may assist them by downloading files for use as handouts. Keep in mind that some of the information may not be at the appropriate literacy level for your audience.

### Food Intake Patterns

Throughout this initiative, a 2,000-calorie food intake pattern is used as a reference for consistency with the Nutrition Facts label on food products. It was also selected because this initiative uses a family-based approach and the 2,000 calorie level is the appropriate calorie level for many sedentary and moderately active women and children over 8 years old. Although this calorie level is used as a reference, recommended calorie intakes will differ for individuals based on age, gender, and physical activity level. For example, the following chart shows three different calorie levels and the amount of food from each food group that might be appropriate for a young child (8 years or younger), a woman (19-50 years), and a teenaged boy (14-18 years).

Daily Amount of Food From Each Group*			
Calorie Level	1,400 (young child, 8 years or younger)	2,000 (woman, 19-50 years)	2,800 (teen boy, 14-18 years)
Fruits	1.5 cups	2 cups	2.5 cups
Vegetables	1.5 cups	2.5 cups	3.5 cups
Grains	5 ounce-equivalents	6 ounce-equivalents	10 ounce-equivalents
Lean meat and beans	4 ounce-equivalents	5.5 ounce-equivalents	7 ounce-equivalents
Milk	2 cups	3 cups	3 cups

\* These are approximate amounts and may vary depending on exact age, gender, and physical activity level of each person.





## A Look at the Materials *Loving Your Family, Feeding Their Future*

The theme for this initiative, *Loving Your Family, Feeding Their Future: Nutrition Education Through the Food Stamp*

*Program*, was developed to provide brand support and promote nutrition

education services for women with children. Research was conducted with key audiences for this initiative including FSP participants, staff and administrators, and those persons who deliver nutrition education to FSP participants. This approach helped ensure that the initiative theme was relevant and appealing to the target audiences.

reality of everyday life, they are caring parents who want to provide a strong future for their children in spite of the obstacles they face. The tag line, *Nutrition Education Through the Food Stamp Program*, helps make the connection between nutrition education services and the FSP. *Loving Your Family...* is a brand that not only marks these materials but also could be used at the State or local level to brand other FSP nutrition education efforts that are targeted to women and families.

Loving Your **Family**  
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education services for women with children. Research was conducted with key audiences for this initiative including FSP participants, staff and administrators, and those persons who deliver nutrition education to FSP participants. This approach helped ensure that the initiative theme was relevant and appealing to the target audiences.

The *Loving Your Family...* theme was selected based on findings from the audience groups that indicated *Loving...* provides a warm, nurturing, feminine, and personal message. It directly reflects reported aspirations of participants for their families... to have loving, supportive homes. It is a positive, affirming declaration that also suggests the central goal of mothers is to provide for the future of their children. *Loving...* says even in the face of dealing with the

The three ethnic groups (Anglo-American, African-American, and Hispanic-American) that are the focus for this initiative have much in common when it comes to food use behaviors. The research for this project confirms this idea. These shared characteristics allow educators to utilize instructional approaches that cross ethnic and cultural boundaries in many situations. Messages in the materials are applicable among all of the groups for which *Loving Your Family...* is intended. Careful attention was paid to visually represent all of the primary groups for this initiative. While most educators are aware that

different groups bring different challenges to nutrition education, participants have more in common than different in terms of their interests in and difficulties with establishing food behaviors and physically active lives. The sections of the *Handbook* called, *Addressing Low Literacy Skills* (page 14) and *Cultural Considerations When Working with Spanish-Speaking Participants* (page

14), provide additional information that is specific to low-literate and Spanish-speaking groups. The *Loving Your Family...* initiative includes a promotional brochure and materials for clients and educators as shown in the following chart and brief descriptions of each material. A number of complementary resources that may assist you in your nutrition education efforts are also listed.

### Tools for Success

Promotional Tool	Educator's Tools	Client's Tools
1. <i>Their Future Means Everything to You</i> brochure	1. <i>Explore Loving Your Family...</i> Online Education Module 2. <i>Educator's Handbook</i> 3. <i>Discussion Sessions</i> for leaders <ul style="list-style-type: none"> <li>• Family Meals–Easy, Tasty, and Healthy!</li> <li>• Vegetables &amp; Fruits–Simple Solutions</li> <li>• How Much?–Food and Physical Activity</li> <li>• Family Time–Active and Fun</li> </ul>	1. <i>The Healthy Family Guidebook</i>  2. <i>Take Home Handouts</i> for participants <ul style="list-style-type: none"> <li>• Family Meals–Easy, Tasty, and Healthy!</li> <li>• What counts as one cup of fruits?</li> <li>• What counts as one cup of vegetables?</li> <li>• Ways to Eat Smart and Move More</li> </ul>

### Other Complementary Resources

(These materials are not packaged with this kit, but information on how to access them is provided.)

- Food Stamp Nutrition Connection Web site
- FSNE Guiding Principles
- FSNE State Plan Guidance
- *Dietary Guidelines for Americans*
- *MyPyramid* Web site
- *MyPyramid* large and mini posters
- *MyPyramid for Kids Coloring Page*
- Nutrition Facts label
- Eat Smart. Play Hard.<sup>TM</sup> Power Plans (lessons for adults and children), brochures and music<sup>3</sup>



## Promotional Tool

*Their Future Means Everything to You* is a multipurpose brochure. As a promotional tool, it provides an overview of nutrition education services and emphasizes the FSP commitment to assisting families with improving nutrition and physical activity behaviors. Organizations or agencies can place local contact information on the brochure to assist with their outreach efforts. It also improves participant awareness of the *Loving Your Family...* initiative. You may use this brochure with clients as a take-home reinforcement of program services, and as an information-sharing tool for family members, friends, or others in the social networks of participants.



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## Tools for You—the Nutrition Educator

Several tools are available for the nutrition educator: an online education module, *Explore Loving Your Family...*, this *Educator's Handbook*, and four *Discussion Sessions*. The online education module provides a visually narrated tour through this *Educator's Handbook* and the four *Discussion Sessions*. To access the module, go to [www.nal.usda.gov/foodstamp/](http://www.nal.usda.gov/foodstamp/).

The four *Discussion Sessions* are ready-to-use plans for conducting educational sessions with FSP participants and eligibles. The key topics covered in the sessions are linked to *The Healthy Family Guidebook*. Handouts for participants are provided or suggested for all of the sessions.

All of the discussion sessions are planned for groups of about 5-7 mothers and each session can be completed in about 45 minutes. The discussion sessions use a participant-centered approach and include interactive group activities. They support and help the adult learner with low literacy skills understand the nutrition information and make a commitment to take action to improve eating and physical activity behaviors. The behavioral objectives for each discussion session are listed below.

Discussion Session	Behavioral Objectives
Family Meals— Easy, Tasty, and Healthy!	<ul style="list-style-type: none"> <li>• Identify and use at least two time-saving or low-cost ways to prepare healthy family meals each week.</li> <li>• Name two tasks their child can do to help make a family meal and commit to letting their child help do a task at least once a week.</li> </ul>
Vegetables and Fruits— Simple Solutions	<ul style="list-style-type: none"> <li>• Identify and commit to try at least two vegetables and two fruits during the upcoming week with at least one vegetable a dark green or orange one.</li> <li>• Identify and commit to at least one activity to encourage their children to eat a variety of fruits and vegetables each day.</li> <li>• Recognize what a 1-cup portion of vegetables and a 1-cup portion of fruits look like.</li> </ul>
How Much?— Food and Physical Activity	<ul style="list-style-type: none"> <li>• Identify the amounts of food most women and children need from each food group.</li> <li>• Identify and commit to at least one action to get the right amount of foods from <i>MyPyramid</i> food groups.</li> <li>• Identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity most days of the week.</li> </ul>
Family Time— Active and Fun	<ul style="list-style-type: none"> <li>• Identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity with their family most days of the week.</li> <li>• Identify and commit to at least two actions to help kids eat in a healthy way, every day.</li> </ul>





These sessions can be used as single session discussions or combined and taught as a “mini” course. You could develop additional discussion sessions using this format as a model and tailor to your local needs based on the information in the *The Healthy Family Guidebook*. For example, discussion sessions on whole grains and low-fat or fat-free milk and milk products would support the behavioral outcomes for the *Loving Your Family...* initiative.

Consider preparing one of the recipes from *The Guidebook* for participants to taste at a discussion session. You may want to avoid recipes using peanut products since some persons are allergic to them.

The Eat Smart. Play Hard.<sup>™</sup> (ESPH) Campaign also has Power Plans (discussion sessions) targeted to parents and children that could be used in conjunction with the *Guidebook*. View these sessions at [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard).

## Tools for Your Clients

*The Healthy Family Guidebook* communicates *MyPyramid* messages in a way that is appropriate for low-literate audiences for both English and Spanish language speakers. The participant *Guidebook* is the foundation for the *Loving Your Family...* initiative. The *Guidebook* uses a “self-teaching” format to help participants understand the basics of the *Dietary Guidelines* and *MyPyramid* recommendations for a healthier lifestyle. This “help” book assists FSNE participants with daily nutrition management and physical activities for their families while supporting positive behavioral changes. The *Guidebook* provides information about the amount of food to eat each day from each food group, tips on buying foods to stretch food dollars, tips on serving foods, including low-cost recipes, and ideas for getting children to eat healthier foods and be physically active every day.



## Additional Reinforcement Materials

*Take-Home Handouts* are provided or suggested for all of the *Discussion Sessions*. The handouts are designed to help participants commit to healthy eating or physical activity behaviors. As noted in the chart below, additional optional handouts are suggested.

Discussion Session	Take-Home Handout
Family Meals— Easy, Tasty, and Healthy!	<i>Family Meals—Easy, Tasty, and Healthy!</i> Optional handout: <i>Power Up with Breakfast</i> (Eat Smart. Play Hard.™ brochure)
Vegetables and Fruits— Simple Solutions	<i>What counts as one cup of vegetables?</i> <i>What counts as one cup of fruits?</i> Optional handout: <i>Grab Quick and Easy Snacks</i> (Eat Smart. Play Hard.™ brochure)
How Much?—Food and Physical Activity	<i>Ways to Eat Smart and Move More</i> Optional handout: <i>Balance Your Day With Food and Play</i> (Eat Smart. Play Hard.™ brochure)
Family Time— Active and Fun	Optional handout: <i>Make Family Time an Active Time</i> (Eat Smart. Play Hard.™ brochure)

USDA's *MyPyramid* poster is used in all of the *Discussion Sessions*. You can download the poster and the *MyPyramid for Kids Coloring Page* that is referenced in the sessions from [www.mypyramid.gov](http://www.mypyramid.gov).

*Eat Smart. Play Hard.*™ campaign materials are used or referenced in several of the *Discussion Sessions*, including music, movement scripts, and adult brochures. These materials are available at [www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/).

# Addressing Low Literacy Skills

In the 1991 National Literacy Act, the United States Congress defined literacy as:

*an individual's ability to read, write, and speak in English, and compute and solve problems at levels of proficiency necessary to function on the job and in society, to achieve one's goals, and develop one's knowledge and potential.*<sup>4</sup>

Literacy is not a skill that individuals either have or don't have. Rather, people fall into a literacy continuum for different types of skills. These skills impact their ability to perform real-life tasks such as:

- Finding information in texts, like newspaper articles.
- Completing forms, such as a social security card application.
- Interpreting graphs and charts, such as a table of employee benefits.

The National Assessment of Adult Literacy (NAAL) is a nationally representative and continuing assessment of English language literacy skills among American adults. For more information, go to [www.nces.ed.gov/NAAL](http://www.nces.ed.gov/NAAL).

What is most relevant to the *Loving Your Family...* project is that three out of four Food Stamp Program participants performed in the two lowest literacy levels. This means that an alarming number of FSP participants read at levels that make it difficult for them to properly use many existing nutrition education materials.

This initiative and the materials for participants have been developed and designed to help

those FSP participants who are having difficulty reading. Some of the key design features to make the *Loving Your Family...* participant materials more user friendly include:<sup>5-6</sup>

- The use of audience-appropriate reading levels that are at or near 5th grade level
- The use of full-color illustrations and images to help communicate key information and elicit reader attention
- Design features that **emphasize** core information by the use of text blocks, bullet lists, and repetition
- The use of real world examples to **emphasize** instructional points
- Easy-to-read descriptions of key terms, for which no low literacy alternatives are available or that are new or technical in nature
- Pretesting of all materials to assure that the intended audience groups view the materials as attractive, comprehensible, acceptable, persuasive, and relevant

## Cultural Considerations When Working with Spanish-Speaking Participants

One of eight people in the United States was of Hispanic origin in 2002. About 34 percent were under 18 years of age, and around 70 percent were citizens. Approximately 17 percent of Food Stamp Program households heads were Hispanic in 2004.<sup>7</sup>

*Loving Your Family...* is intended to improve availability of nutrition education information to Spanish-speaking FSP



participants and eligibles. This requires attending to a number of variables that influence how materials are developed for this diverse population group. Some factors that influence nutrition education for Spanish-speaking participants are related to cultural differences, language skills, and transient/migratory population clusters. Hispanics in the United States are a multicultural population, having migrated from different countries.<sup>8</sup> Cultural and language elements vary across national origins.<sup>9</sup>

While the *Loving Your Family...* initiative is not designed as a cultural competencies training, the materials reflect appropriate ethnic and cultural images and messages based on the guidance of this project's formative research findings.<sup>10</sup> The following suggestions are not a definitive list of cultural competencies related to Spanish-speaking FSP participants. However, they are helpful tips that were reported by participants during the research phase of the *Loving Your Family...* initiative.

#### Effective Cultural Elements<sup>11-13</sup>:

- Promote respect for elders and interest in their traditions
- Help people to share and discuss personal experiences
- Rely on extended family to help with education
- Build on Hispanic/Latino communal neighborhood values and attitudes
- Support practices/events that promote their culture and traditions
- Emphasize contemporary and historical role models
- Use specific terms rather than general (i.e., chicken, rather than poultry)
- Avoid words that are vague
- Use images culturally relevant to the audience
- Use culturally familiar foods or activities

## The Influence of Cultural Norms on Nutrition Habits

Society and cultural norms influence participants' abilities to adopt healthier lifestyles. Generally, contemporary, high-paced lifestyles and the media influence food use and physical activity practices.<sup>14-16</sup>

Many modern conveniences make it easier to avoid physical activity in the course of everyday lives. These conveniences include cars, elevators, television, computers, and more mechanized jobs.

- Food advertising and promotions are prominent features of the commercial mainstream.
- Advertising encourages consumption of affordable, high-calorie foods.
- Children are increasingly the targets of food advertising.





## Getting the Kids Involved

One of the most significant barriers to introducing healthful lifestyle practices into the family is the influence of children who often play a role in food selections and preparation. Finding ways to encourage the active participation of kids in healthy food practices and active lifestyles can have a significant impact on the success of nutrition education.

Here are some tips to help FSP participants get their kids involved. These tips reinforce information found in *The Healthy Family Guidebook*.

- A parent's habits help kids make smart food choices.<sup>17-19</sup>

Kids like to be copycats. They will follow a parent's example, if it is consistent. If parents drink milk and eat vegetables, so will kids. Teach parents to set a good example. This is a reason to encourage parents to adopt healthier practices.

- Encourage parents to have healthier foods in the house.

Teach parents to keep a variety of healthy food choices around. Allowing kids to decide from among options like apples, graham crackers, or carrots is empowering for the children and maintains a varied nutritional complement of snack foods around.

- Parents should eat meals with their children as often as possible.

Meals are a valuable way to spend time together, break up the busy days, and provide opportunities for parents to “catch up on things” with their kids. Parents can also use meal times to talk about foods and plan fun physical activities. Parents can offer children time to discuss their interests, what types of physical activity they would like to do, what foods they've enjoyed recently, or what new foods they have discovered. Family meals also provide an opportunity for parents to model good eating habits.



- Promote “new food nights” to introduce foods that the family hasn’t tried before.

New foods may take a few tries before the family likes them. Parents can make an event out of trying new foods by having “new food night.” Parents can allow the kids to help pick the foods, plan the meals or snacks, and cook. This offers kids a feeling of ownership in the new food experiences and makes experimenting more entertaining and less like a chore.

- Teach parents the value of balancing physical activity with what the family eats.



Eating healthier foods is important but being physically active is equally valuable for healthy lives. Kids need at least 60 minutes of physical activity every day or most days of the week. Adults need at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week to reduce the risk of chronic disease.

Moderate physical activity that the family can do together includes activities like:

- Walking briskly
- Gardening/yard work
- Dancing
- Bicycling

- Let parents know the importance of engaging in physical activities with their children.

Parents can help their children to be more active by participating in activities with them and modeling fun, easy, everyday activities that will help establish an interest in being more active.

- Walk or play together.
  - Walk in an area that is comfortable for everyone like in the neighborhood, at a park, or in the mall.
  - Walk to school with your kids.
  - Walk with your kids to the store when you only need a few things.
  - Play with your children – basketball, soccer, or chase each other in a game of tag.
- Involve kids in groups that do physical activities.
- Teach kids to take the stairs, not the elevator.
- Park as far away from stores as possible to add walking steps to everyday activities.
- When the weather is bad, turn on the music and dance or march around the house with the kids. The children will love doing “kids” things with grownups.

## Promoting and Marketing *Loving Your Family...*

FSP participants and eligibles come in contact with many organizations, institutions, and individuals in their communities. *Loving Your Family...* can expand your capacity to influence change in FSP participants by utilizing all the available resources within the program and with your partners at the local, State, and national levels.

### Linking *Loving Your Family...* with the FSP and Other FNS Programs

*Loving Your Family...* is a subset of the educational information that is found in the *Dietary Guidelines for Americans* and *MyPyramid*. Being sure to always present *Loving Your Family...* as supportive of *MyPyramid* will help foster the shared brand identity and the relationship among the various nutrition education components.

FSNE is often provided at locations other than where recipients receive FSP food benefits. The result is program participants often do not know that the FSP provides nutrition education. Communication and networking among the various FSP staff members who interface with participants can help to build a team that shares common goals associated with nutrition education. Making FSP offices a place where the promotional brochure, *Their Future Means...*, is distributed will help bridge this gap. This will help to include non-nutrition staff in the promotion and referral process for

nutrition education services. It will also help participants access resources and foster awareness of the *Loving Your Family...* initiative.

### Developing Partnerships

According to nutrition educators who participated in the study that guides *Loving Your Family...*, partnerships with FNS programs and other organizations that interface with FSP participants can foster referrals. These organizations are also potential sites where nutrition education may be offered. These partners can help improve awareness that the FSP is a source for nutrition education. They also serve as valuable distribution points for *Loving Your Family...* participant materials.

#### To improve partnerships:

- Provide promotional brochures (*Their Future Means Everything to You*) that frame the initiative as a FSP nutrition education offering to local FSP offices, FNS nutrition-related programs, and other community venues.
- Hold in-service orientations for non-nutrition, professional, paraprofessional, and clerical staff to introduce the initiative, review the value of nutrition education, and solicit support.
- Hold in-service orientations for FNS program staff associated with other nutrition programs, such as WIC and Child Nutrition Programs.





Partnerships can provide access to preformed groups within which educators may establish nutrition education classes. These include:

#### Adult Settings:\*

- Local Food Stamp and TANF offices
- Food banks and pantries and soup kitchens
- Job training centers, career centers, and work sites
- Housing authority locations
- Faith-based organizations
- WIC Farmers' Markets
- WIC clinics
- Grocery stores in low-income areas
- School PTAs in low-income schools
- Head Start centers
- Health clinics and public health programs

#### Children's Settings:\*

- Low-income public schools (K through 12)
- Childcare centers

- Preschool programs
- After school programs
- Summer food programs
- Head Start centers
- Youth recreation programs

The *Loving Your Family...* initiative provides basic tools to reach food stamp participants and eligibles with information and skills to help them adopt several healthy eating and physical activity behaviors. It is by no means the only set of nutrition education materials that can be used in FSNE, but may be a starting point for your efforts at reaching women with children who are Spanish speaking and who may have low literacy skills. The following additional resources may be helpful in your nutrition education endeavors.

\*Refer to FSNE State Plan Guidance for exact requirements.



# Additional Nutrition Education Resources

Nutrition education is an evolving field. As nutrition educators in the field, you are asked to master innovative instructional and curriculum approaches. Emerging science in the area of nutrition and physical activity is a constant. In order to stay current, nutrition educators must access an abundance of information and knowledge from a wide array of resources.

This wealth of information can be an asset, or it can be a challenge. How does one select from among the vast array of resources? What resources are the most current, correct, and user-friendly? And what sources of information fit the nutrition education

philosophy under which one's respective program operates?

To make the search for information more efficient, this listing of nutrition education resources provides a way to access a science-based collection of resources to complement and expand your program's educational goals and to guide clients to more healthful lives.

The foundation of all nutrition education efforts should be the *Dietary Guidelines for Americans* and *MyPyramid*, which reflect Federal nutrition policy. USDA's FNS recommends using the following resources for nutrition and physical activity information.

## Suggested Internet Resources



*Dietary Guidelines for Americans* are published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The *Guidelines* provide authoritative advice for people 2 years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. Complete information on the *Dietary Guidelines for Americans* can be found at:  
[www.cnpp.usda.gov](http://www.cnpp.usda.gov)



*MyPyramid* is a Web-based, consumer-oriented resource system from which nutrition education staff can better understand the Federal food guidance system and develop curriculum approaches and educational materials for Food Stamp Program participants and other clients. Check the section titled "For Professionals" to access accurate nutrition and physical activity information and the science behind *MyPyramid*.  
[www.mypyramid.gov](http://www.mypyramid.gov)



*The Food Stamp Nutrition Connection* is a resource for Food Stamp Program nutrition educators. This site provides training, resources, nutrition education materials, FSNE State Plan Guidance, recipes, photo gallery, information on particular nutrition topics, access to other state food stamp nutrition education resources, and discussion groups. The *Loving Your Family...* materials including the online education module can be found here.  
[www.nal.usda.gov/foodstamp](http://www.nal.usda.gov/foodstamp)



## Food & Nutrition Service (FNS) Nutrition Link

([www.fns.usda.gov/nutritionlink](http://www.fns.usda.gov/nutritionlink)) is a gateway page to some other initiatives of interest, including:



### *Eat Smart. Play Hard.<sup>TM</sup>*

Campaign provides educational and promotional materials to help motivate children and their caregivers to eat healthy and be active.

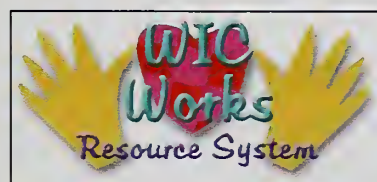
[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)



*Team Nutrition* supports the Child Nutrition Programs through training, nutrition education for children

and their caregivers, and school and community support for healthy eating and physical activity.

[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)



### *WIC Works Resource System*

provides

nutrition service tools for nutrition education professionals.

[www.nal.usda.gov/wicworks/index.html](http://www.nal.usda.gov/wicworks/index.html)



### *Healthier US.gov*

provides  
information

to help Americans choose to live healthier lives by focusing on nutrition, physical fitness, prevention, and making healthy choices. [www.healthierus.gov](http://www.healthierus.gov)

## Additional Federal Government Resources

*Nutrition.gov* provides easy access to the best food and nutrition information from across the Federal Government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers, educators, and health professionals. [www.nutrition.gov](http://www.nutrition.gov)

### *The Centers for Disease Control and Prevention (CDC)*

is committed to programs that reduce the health and economic consequences of the leading causes of death and disability and ensure a long, productive, healthy life for all people. The CDC site provides nutrition and physical activity related data and statistics as well as health promotion information. [www.cdc.gov](http://www.cdc.gov)

### *The Food and Drug Administration's*

*(FDA)* Center for Food Safety and Applied Nutrition provides valuable information on food label education tools. [www.cfsan.fda.gov](http://www.cfsan.fda.gov)

### *The National Agricultural Library*

*(NAL)* provides access to a wide variety of agricultural information to educators and the public at large. NAL is one of the world's largest agricultural research libraries. [www.nal.usda.gov](http://www.nal.usda.gov)

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January 2007



# Loving Your Family Feeding Their Future

Nutrition Education Through The Food Stamp Program

Dear Nutrition Educator,

**U**SDA's Food and Nutrition Service is pleased to send you the attached Staff Support Kit for the *Loving Your Family Feeding Their Future, Nutrition Education Through the Food Stamp Program* initiative. These educational and promotional materials were designed to convey the messages in the *2005 Dietary Guidelines for Americans* (DGA) and *MyPyramid* in a user-friendly format that would appeal to low-literate and Spanish-language audiences. An Executive Summary of the *Loving Your Family...* initiative that provides background information on the development and testing of the materials is posted on the Food Stamp Nutrition Connection (FSNC) Web site at <http://www.nal.usda.gov/foodstamp/LovingYourFamily.html>.

Major components of the Staff Support Kit include:

- staff support materials (handbook and discussion sessions)
- English participant education materials (brochure, guidebook, handouts, and reproducibles)
- Spanish participant education materials (Spanish versions of brochure, guidebook, handouts, and reproducibles)

An on-line training module housed on FSNC at the same site provides an overview of the kit components and ideas for using the materials. Educators may download materials from this site. Also provided on-line are sample pre- and post-session feedback questions for educators to get customer feedback. Educators may need to modify these questions to meet local needs. Extra copies of selected *Loving Your Family...* materials may be ordered at [http://www.fns.usda.gov/fsp/nutrition\\_education/](http://www.fns.usda.gov/fsp/nutrition_education/)

A User Response Card is attached for you to provide us feedback on these materials. Completed forms can be faxed to 703-305-2576, Attention NSS. If you have any questions or would like more information, please call 703-305-2585. We greatly value your input and look forward to receiving your comments.

**Thank you for Supporting the *Loving Your Family...* initiative**

## User Response Card

Help us serve you better! Complete this form and fax to 703-305-2576, Attention: NSS. We will use your suggestions and feedback to improve our materials and continue to provide you the resources that you need.

### Who is using this Staff Support Kit? (check all that apply)

- |   |   |
|---|---|
| <input type="checkbox"/> Food Stamp Program State Agency Staff            | <input type="checkbox"/> Food Stamp Nutrition Education Local Coordinator |
| <input type="checkbox"/> Food Stamp Nutrition Education State Coordinator | <input type="checkbox"/> Other Food and Nutrition Service program         |
| <input type="checkbox"/> Food Stamp Program Local Agency Staff            | <input type="checkbox"/> Other_____                                       |

### Please tell us which components you found most useful.

	Components Used (check)	More Useful		to		Less Useful
Educator's Handbook		5	4	3	2	1
Discussion Sessions						
English Handouts						
Spanish Handouts						
English Brochure						
Spanish Brochure						
English Participant Guidebook						
Spanish Participant Guidebook						
English Reproducibles						
Spanish Reproducibles						
Overall Theme and Kit						

Tell us what other materials would be useful to you. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Anything else we should know? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Thank you for answering these questions!**



# Family Meals

## Easy, Tasty, and Healthy!

### SESSION OVERVIEW

This session is intended to help busy mothers plan, shop, and prepare healthy, low-cost meals for their families and learn ways to let their children help. Participants will discuss the difficulties of making easy and healthy family meals. Participants will share challenges of making low-cost meals and snacks. An educator will facilitate a discussion about solutions to the problems identified by the group by sharing ideas from participants as they play the *Make a Meal* game. Each participant will share how she would make a meal using two “make and serve in a hurry” foods that she has selected from items on display. The planned meals could be a snack, lunch, breakfast, or dinner. Ideas on making the planned meals low-cost will be shared. Participants will then brainstorm some ideas on how their children could help make the meal. Finally, each mother will be challenged to select two timesaving or low-cost ideas to plan, shop, or cook healthy meals that she will use in the upcoming week and one way she will let her child(ren) help her with the family meals.

**TARGET AUDIENCE:** Mothers with children between the ages of 2 and 18

**GROUP SIZE:** 5 to 7 participants

**NEEDED TIME:** 45 minutes

### BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify and use at least two timesaving or low-cost ways to prepare healthy family meals each week.
- Name two tasks their child can do to help make a family meal and commit to letting their child help do a task at least once a week.

### KEY MESSAGES:

- Timesaving tips can help mothers make easy, tasty, and healthy family meals, with less stress and cost.
- Children can help mothers get ready for, or make, family meals.

### MATERIALS NEEDED FOR SESSION

- Nametags/markers
- Highlighters or pencils (one per participant)
- Flipchart/markers
- Samples of “make and serve in a hurry” foods (See handout sheet, *Family Meals - Easy, Tasty, and Healthy!*) Hint: Arrange the items on a table for everyone to see.
- *MyPyramid* poster – Hang poster at eye level so everyone can see it.
- Handouts for mothers:
  - *Family Meals - Easy, Tasty, and Healthy!*
  - *The Healthy Family Guidebook*

### TIP:

Use empty boxes or cans for the canned and frozen items. Include examples of low-cost foods.

### Outline of 45-minute session:

- Welcome and introduction to *Family Meals - Easy, Tasty, and Healthy!* (5 minutes)
- Discussion group activities–How do you decide what to make for dinner? (10 minutes)
- Group activity–Play the *Make a Meal* game (25 minutes)
- Sum up and home activity–Identify ways to plan, shop, or cook fast and healthy meals and ways children can help (5 minutes)

The educator should review the information on the handout *Family Meals - Easy, Tasty, and Healthy!* and directions for playing the *Make a Meal* game. For additional background information, review “[Inside the Pyramid](#)” on the USDA website, [www.mypyramid.gov](http://www.mypyramid.gov). The section on “[Tips to help you eat](#)” for each of the food groups provides additional information to use in your discussion as time permits.

## WELCOME TO FAMILY MEALS–EASY, TASTY, AND HEALTHY!

Welcome participants and ask them to make their own nametag (first names only). Make sure each has a copy of the *Family Meals* handout, the *Guidebook*, and a highlighter or pencil. Add other points of interest, as needed, such as the location of restrooms and water fountains.

### BEGIN:

What are the names and ages of your children? Give mothers time to share.

## DISCUSSION GROUP ACTIVITIES

### BEGIN:

Tell the mothers the group will be talking about:

- Planning ahead to make meals easier, tastier, healthier, faster, and less expensive
- Shopping and buying low-cost foods to make and serve in a hurry
- Using timesaving tips when cooking meals
- Involving their children in making meals

### THEN:

Read aloud the following from the **Introduction** section of the *Guidebook*.

Encourage mothers to follow in their booklets on page 3, as you read:

*“Mom, What are you making for supper? I did not like to hear that question. I often did not have an answer. Like most moms, I wanted my family to eat healthier foods. I knew I had to take action. With help from the Food Stamp nutrition educator, I learned that my family needed to eat more fruits, vegetables, and whole grains. It still seemed hard to do. I needed a plan to change what we ate and how we ate. On top of that, my family is so busy. Work and school take up most of our time. Does this sound like you?”*



Pause and let the mothers think about the question, then:

**ASK:**

- How do you decide what to make for dinner?
- How do you make a quick meal?
- How do you make a healthy meal?
- Point to the *MyPyramid* poster and ask, What ideas does this poster give you?
- What are your favorite low-cost foods?

Allow mothers to share their responses for each question before moving to the next one. Using the appropriate responses from mothers:

**POINT OUT:**

- Healthy meals can be simple—Add vegetables to a favorite low-cost food like packaged macaroni and cheese.
- Cook when you have more time—On the weekend, make a double recipe of a casserole and freeze it for the next week.
- Do some tasks ahead—Wash and trim vegetables or make fruit salad a few hours or the day before your meal.
- Cook in a fast way—Microwave, broil, or stir-fry when you can.
- Make no-cook meals or snacks—Salads with low-cost foods like canned tuna, chicken, or beans; cold sandwiches; raw vegetables with low-fat yogurt or dip; or fruit. Note: Kids like finger foods!
- Use food stamps to stretch food dollars—Make a shopping list, check store sales, and buy generic or store brands.

**PLAY THE GAME: MAKE A MEAL**

- Have each mother pick two different foods from the “make and serve in a hurry” foods that are displayed on the table.
- After everyone has picked her foods, ask for a volunteer to tell how she would use her foods to make a snack or meal (breakfast, lunch, or dinner). They can add other foods to complete the meal.
- Ask how the participant would make the meal low-cost.
- Give everyone an opportunity to make a meal or snack. Write the menus on a flipchart or blackboard if available.

**ASK:**

- How can your children help make a meal? Let the group brainstorm some ideas. Write the ideas on the flipchart.







### SUM UP:

- Review the tips on the *Family Meals - Easy, Tasty, and Healthy!* handout.
- Refer to pages 29 and 30 in the *Guidebook* for more ideas on making low-cost, easy meals.
- Point to pictures of foods on the *MyPyramid* poster for ideas on healthy choices from each of the food groups. Mention that more information and easy menus are available in their *Guidebook* (pages 10-24).

### HOME ACTIVITY:

- Give each mother a highlighter or pencil and ask her to highlight or circle on the *Family Meals* handout or in the *Guidebook* (pages 29-30) two timesaving or low-cost tips she will try during the upcoming week.
- Ask each mother to highlight or circle on the handout one task she will let her child do to help make a meal during the week. Space is also available on the handout to write her own ideas.



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# Vegetables and Fruits

## Simple Solutions

### SESSION OVERVIEW

This session is intended to help busy mothers include the recommended amounts of fruits and vegetables in their daily meal plans and learn ways to encourage their children to eat fruits and vegetables. Participants will discuss the difficulties of including fruits and vegetables in their family's meals. An educator will facilitate a discussion about solutions to the problems identified by the group. Ideas shared by group members will be recorded on a flipchart. Using sample vegetables, participants will sort vegetables into their *MyPyramid* sub-groups (dark green, orange, starchy, dry beans and peas, and other vegetables). Then participants will measure ½-cup, 1-cup, and ¼-cup portions of fruits and vegetables. They will be able to visualize what 2 cups of fruits and 2½ cups of vegetables look like (the recommended amount for a 2,000-calorie diet). Participants will then brainstorm some ways to encourage their children to eat fruits and vegetables followed by a discussion of which methods work best and why. Finally, mothers will be challenged to identify and commit to try two vegetables and two fruits during the upcoming week with at least one vegetable being a dark green or orange one. They will also identify and commit to at least one activity to encourage their children to eat a variety of fruits and vegetables each day.

**TARGET AUDIENCE:** Mothers with children between the ages of 2 and 18

**GROUP SIZE:** 5 to 7 participants

**NEEDED TIME:** 45 minutes

### BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify and commit to try at least two vegetables and two fruits during the upcoming week with at least one vegetable being a dark green or orange one.
- Identify and commit to at least one activity to encourage their children to eat a variety of fruits and vegetables each day.
- Recognize what a 1-cup portion of vegetables and a 1-cup portion of fruits look like.

### KEY MESSAGES:

- A family needs a variety of different colored vegetables and fruits each day for good health – not just one type.
- Eat fruits and vegetables at meals and snacks. Pick fresh, frozen, canned, or dried and go easy on fruit juice.
- Most families need to increase their intake of dark green and orange vegetables and dry beans and peas.

### MATERIALS NEEDED FOR SESSION

- Nametags/markers
- Highlighters or pencils (one per participant)
- Flipchart/markers

- Samples of vegetables and fruits to measure and display (See handout sheets, *What counts as one cup of vegetables?* and *What counts as one cup of fruits?*).
- *MyPyramid* poster – Hang poster at eye level so everyone can see it.
- Resources for mothers:
  - *The Healthy Family Guidebook*
  - *What counts as one cup of fruits?* handout
  - *What counts as one cup of vegetables?* handout
  - **Kids' Activity Sheets:** Order or download at [www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/)

## HINT:

Use empty boxes or cans for food samples. Food models or pictures can also be used. If your budget permits, have sample fruits and vegetables to taste.

### Outline of 45-minute session:

- Welcome and introduction to *Vegetables and Fruits – Simple Solutions* (5 minutes)
- Discussion group activities (35 minutes)
- Sum up and home activity (5 minutes)

Review the information on the handouts *What counts as one cup of fruits?* and *What counts as one cup of vegetables?* For additional background information, review “Inside the Pyramid” on the USDA website, [www.mypyramid.gov](http://www.mypyramid.gov). The section on “Tips to help you eat,” for each of the food groups, provides additional information to use in your discussion, as time permits. Also review the information on pages 8-14 in *The Healthy Family Guidebook*.

## WELCOME TO VEGETABLES AND FRUITS – SIMPLE SOLUTIONS

Welcome participants and ask them to make their own nametag (first names only). Make sure each has a copy of the two handouts, *What counts as one cup of vegetables?* and *What counts as one cup of fruits?*, the *Guidebook*, and a highlighter. Mention other points of interest as needed, such as the location of restrooms and water fountains.

### BEGIN:

What is your favorite fruit? Give participants time to call them out. Write responses on flipchart and/or tape pictures of mentioned food to flipchart or wall. Repeat question with vegetables.

## DISCUSSION GROUP ACTIVITIES

### CONTINUE:

Tell the mothers the group will be talking about:

- Planning the types and amounts of vegetables and fruits needed each day to make meals healthier.
- Including easy and low-cost fruits and vegetables in their daily meals
- Helping their children learn to eat fruits and vegetables.



### ASK:

- How many cups of fruits and vegetables do you think each member of your family eats each day?
- What are some reasons your children may not eat many fruits and vegetables?

Provide time for mothers to share their responses for each question before moving to the next one. Write responses on flipchart.

### POINT OUT:

- *MyPyramid* shows you how much to eat – the amounts for a 2,000-calorie meal plan are 2 cups of fruits and 2½ cups of vegetables (Point to the *MyPyramid* poster). Review the handouts with the mothers to help them understand what counts as 1 cup of fruits or vegetables. Note that younger children may need less fruits and vegetables and active teens and men may need more fruits and vegetables.
- Eating a variety of vegetables helps your family get what they need to be healthy. Help mothers identify vegetables in each of the subgroups: dark green, orange, starchy, dry beans and peas, and other vegetables. Together let them arrange the vegetables in your display according to the subgroups. Refer them to page 9 in the *Guidebook* and the back page (My favorite vegetables) of the *What counts as one cup of vegetables?* handout.
- Fresh, frozen, canned, or dried fruits and vegetables are smart choices – only drink enough juice to get up to half of the fruit needed for the day, no more than 1 cup per person for a 2,000-calorie meal plan. It's not necessary to have fruit juice every day.
- Smart, low-cost ways to get vegetables and fruits in your meals and snacks – review low-cost ways to buy vegetables and fruits on pages 9 and 13 in the *Guidebook*.
- Helping kids learn to eat fruits and vegetables – ask participants to share their ideas. Then, review tips on serving vegetables and fruits on pages 10 and 14 in the *Guidebook*. Serving fruits and vegetables in fun ways, offering them for meals and snacks, and letting children help prepare foods will help them eat more fruits and vegetables.

### THEN:

- Let a participant measure ½ cup and 1 cup of some fruits or vegetables and put them on a plate to visualize what it looks like on a plate. Let a mother measure ½ cup of dried fruit onto a plate. Let another participant measure 1 cup of fruit juice into a glass.
- Ask each mother to share with the group how she prepares her favorite vegetable or fruit (use listing from introductions to guide this discussion), or how she uses fruits and vegetables in meals for her family. Record ideas on flipchart.







- Then let each mother name fruits and vegetables they have not tried. Make a list of these fruits and vegetables on the flipchart.
- Ask the other mothers to share ways they could fix the fruits or vegetables that might taste good or encourage the mothers to try the fruits and vegetables. (Note: if you have samples of fruits and vegetables, encourage mothers to taste the ones that they have not tried.)

### SUM UP:

- Let one participant measure or pick 2 cups of fruits from the display and one participant measure or pick 2½ cups of vegetables from the display. Point out this is the amount a person would need for a 2,000-calorie menu plan. Refer to the handouts for *What counts as one cup of fruits and vegetables?*
- Point to pictures of foods on the *MyPyramid* poster for ideas on fruits and vegetables. Refer to the handouts for the variety of fruits and vegetables that could be used in meals and snacks. Mention that there is more information and easy menus and recipes in their *Guidebook* (pages 8-14). If your budget permits, prepare one of the recipes to share – especially one that uses dark green or orange vegetables.

### HOME ACTIVITY

- Give each mother a highlighter or pencil and ask her to highlight or circle on the handouts at least two vegetables and two fruits that she will try during the upcoming week. Encourage them to include at least one dark green or orange vegetable.
- Close session by reinforcing ways to help children learn to eat more fruits and vegetables. Encourage mothers to highlight or circle one of the tips on pages 10 and 14 of the *Guidebook* that they will try at home in the upcoming week.

### TIP:

Give Kids' Activity Sheets to participants to take home to their children.



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# Family Meals

## Easy, Tasty, and Healthy!

### SESSION OVERVIEW

This session is intended to help busy mothers plan, shop, and prepare healthy, low-cost meals for their families and learn ways to let their children help. Participants will discuss the difficulties of making easy and healthy family meals. Participants will share challenges of making low-cost meals and snacks. An educator will facilitate a discussion about solutions to the problems identified by the group by sharing ideas from participants as they play the *Make a Meal* game. Each participant will share how she would make a meal using two “make and serve in a hurry” foods that she has selected from items on display. The planned meals could be a snack, lunch, breakfast, or dinner. Ideas on making the planned meals low-cost will be shared. Participants will then brainstorm some ideas on how their children could help make the meal. Finally, each mother will be challenged to select two timesaving or low-cost ideas to plan, shop, or cook healthy meals that she will use in the upcoming week and one way she will let her child(ren) help her with the family meals.

**TARGET AUDIENCE:** Mothers with children between the ages of 2 and 18

**GROUP SIZE:** 5 to 7 participants

**NEEDED TIME:** 45 minutes

### BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify and use at least two timesaving or low-cost ways to prepare healthy family meals each week.
- Name two tasks their child can do to help make a family meal and commit to letting their child help do a task at least once a week.

### KEY MESSAGES:

- Timesaving tips can help mothers make easy, tasty, and healthy family meals, with less stress and cost.
- Children can help mothers get ready for, or make, family meals.

### MATERIALS NEEDED FOR SESSION

- Nametags/markers
- Highlighters or pencils (one per participant)
- Flipchart/markers
- Samples of “make and serve in a hurry” foods (See handout sheet, *Family Meals - Easy, Tasty, and Healthy!*) Hint: Arrange the items on a table for everyone to see.
- *MyPyramid* poster – Hang poster at eye level so everyone can see it.
- Handouts for mothers:
  - *Family Meals - Easy, Tasty, and Healthy!*
  - *The Healthy Family Guidebook*

### TIP:

Use empty boxes or cans for the canned and frozen items. Include examples of low-cost foods.

### Outline of 45-minute session:

- Welcome and introduction to *Family Meals - Easy, Tasty, and Healthy!* (5 minutes)
- Discussion group activities—How do you decide what to make for dinner? (10 minutes)
- Group activity—Play the *Make a Meal* game (25 minutes)
- Sum up and home activity—Identify ways to plan, shop, or cook fast and healthy meals and ways children can help (5 minutes)

The educator should review the information on the handout *Family Meals - Easy, Tasty, and Healthy!* and directions for playing the *Make a Meal* game. For additional background information, review “[Inside the Pyramid](http://www.mypyramid.gov)” on the USDA website, [www.mypyramid.gov](http://www.mypyramid.gov). The section on “[Tips to help you eat](#)” for each of the food groups provides additional information to use in your discussion as time permits.

### WELCOME TO FAMILY MEALS—EASY, TASTY, AND HEALTHY!

Welcome participants and ask them to make their own nametag (first names only). Make sure each has a copy of the *Family Meals* handout, the *Guidebook*, and a highlighter or pencil. Add other points of interest, as needed, such as the location of restrooms and water fountains.

#### BEGIN:

What are the names and ages of your children? Give mothers time to share.

### DISCUSSION GROUP ACTIVITIES

#### BEGIN:

Tell the mothers the group will be talking about:

- Planning ahead to make meals easier, tastier, healthier, faster, and less expensive
- Shopping and buying low-cost foods to make and serve in a hurry
- Using timesaving tips when cooking meals
- Involving their children in making meals

#### THEN:

Read aloud the following from the [Introduction](#) section of the *Guidebook*.

Encourage mothers to follow in their booklets on page 3, as you read:

*“Mom, What are you making for supper? I did not like to hear that question. I often did not have an answer. Like most moms, I wanted my family to eat healthier foods. I knew I had to take action. With help from the Food Stamp nutrition educator, I learned that my family needed to eat more fruits, vegetables, and whole grains. It still seemed hard to do. I needed a plan to change what we ate and how we ate. On top of that, my family is so busy. Work and school take up most of our time. Does this sound like you?”*



Pause and let the mothers think about the question, then:

**ASK:**

- How do you decide what to make for dinner?
- How do you make a quick meal?
- How do you make a healthy meal?
- Point to the *MyPyramid* poster and ask, What ideas does this poster give you?
- What are your favorite low-cost foods?

Allow mothers to share their responses for each question before moving to the next one. Using the appropriate responses from mothers:

**POINT OUT:**

- Healthy meals can be simple—Add vegetables to a favorite low-cost food like packaged macaroni and cheese.
- Cook when you have more time—On the weekend, make a double recipe of a casserole and freeze it for the next week.
- Do some tasks ahead—Wash and trim vegetables or make fruit salad a few hours or the day before your meal.
- Cook in a fast way—Microwave, broil, or stir-fry when you can.
- Make no-cook meals or snacks—Salads with low-cost foods like canned tuna, chicken, or beans; cold sandwiches; raw vegetables with low-fat yogurt or dip; or fruit. Note: Kids like finger foods!
- Use food stamps to stretch food dollars—Make a shopping list, check store sales, and buy generic or store brands.

**PLAY THE GAME: MAKE A MEAL**

- Have each mother pick two different foods from the “make and serve in a hurry” foods that are displayed on the table.
- After everyone has picked her foods, ask for a volunteer to tell how she would use her foods to make a snack or meal (breakfast, lunch, or dinner). They can add other foods to complete the meal.
- Ask how the participant would make the meal low-cost.
- Give everyone an opportunity to make a meal or snack. Write the menus on a flipchart or blackboard if available.

**ASK:**

- How can your children help make a meal? Let the group brainstorm some ideas. Write the ideas on the flipchart.







### SUM UP:

- Review the tips on the *Family Meals - Easy, Tasty, and Healthy!* handout.
- Refer to pages 29 and 30 in the *Guidebook* for more ideas on making low-cost, easy meals.
- Point to pictures of foods on the *MyPyramid* poster for ideas on healthy choices from each of the food groups. Mention that more information and easy menus are available in their *Guidebook* (pages 10-24).

### HOME ACTIVITY:

- Give each mother a highlighter or pencil and ask her to highlight or circle on the *Family Meals* handout or in the *Guidebook* (pages 29-30) two timesaving or low-cost tips she will try during the upcoming week.
- Ask each mother to highlight or circle on the handout one task she will let her child do to help make a meal during the week. Space is also available on the handout to write her own ideas.



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# Family Time

## Active and Fun

### SESSION OVERVIEW

This session is intended to help busy mothers and their families be more physically active and begin to make healthy choices for meals and snacks. As an activity opener, participants will show how physically active they are. Then they will discuss why being physically active is important and the challenges to being active every day. Participants will work with partners to come up with solutions to the challenges of being more physically active every day and share with the group.

Using *The Healthy Family Guidebook* participants will discuss ways to fit smart food choices into a healthy eating plan. At the end of the session, participants will be reminded to make being physically active and eating healthy a part of their daily habits. Participants will make a personal commitment to at least two actions to follow a healthy eating plan and be physically active for at least 30 minutes most days of the week.

**TARGET AUDIENCE:** Mothers with children between the ages of 2 and 18

**GROUP SIZE:** 5 to 7 participants

**NEEDED TIME:** 45 minutes

### BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity with their family most days of the week.
- Identify and commit to at least two actions to help kids eat in a healthy way, every day.

### KEY MESSAGES:

- Being physically active and following a healthy eating plan can be fun and may promote a longer and healthier life in many ways.
- Regular physical activity is a key factor in maintaining a healthy body weight for adults and children.

- Parents play an important role in helping their children make physical activity an everyday habit.
- Most families need to be more physically active.

### MATERIALS NEEDED FOR SESSION

- Nametags/markers
- Highlighters or pencils (one per participant)
- Flipchart/markers
- *MyPyramid* poster – Hang poster at eye level so everyone can see it
- Lively and fun musical CDs and player
- Resources for mothers:
  - *The Healthy Family Guidebook*
- Optional: Order *Make Family Time an Active Time* as a take home brochure for each participant at [www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/)

### Outline of 45-minute session:

- Welcome and introduction to the *Family Time - Active and Fun* session (5 minutes)
- Discussion group activities (35 minutes)
- Sum up and home activity (5 minutes)

For additional background information, review “*Inside the Pyramid*” and “*Tips and Resources*” on the USDA website, [www.mypyramid.gov](http://www.mypyramid.gov).

### TIP:

Consider using the Eat Smart. Play Hard.<sup>TM</sup> music or Power Up Moves found at website



[www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/)

## WELCOME TO FAMILY TIME – ACTIVE AND FUN

Welcome participants and ask them to make their own nametag (first names only). Make sure each has a copy of the *Guidebook*, and a highlighter or pencil. Mention other points of interest as needed, such as the location of restrooms and water fountains.

### BEGIN:

What are your favorite ways to be physically active? Write responses on a flipchart.

## DISCUSSION GROUP ACTIVITIES

### CONTINUE:

Tell the mothers that the group will be talking about:

- Planning easy and low-cost ways to be physically active each day
- Using the *MyPyramid* eating plan to choose foods and eat in a healthy way, every day
- Discussing ways to include children in their physical activity and healthy eating plans every day

Ask everyone to stand up and then discuss how physically active they think they are by asking the following questions.

### ASK:

- Do you mostly sit during the day, at work, at home, or somewhere else? If so, cross your arms in front of your chest.
- Do you think you move enough during the day? If so, shake your hands.
- Is your day full of a lot of physical activity? If so, wave your arms wildly.

### SAY:

Clap your hands...if you think moving more than you do now would be good for you. Now with that “applause for being on the move,” it is time to get moving! While the participants are all still standing, have fun by being physically active together.

- **Explain** that being physically active does not mean you have to participate in sports. Any kind of moving around is good, including dancing or moving to music.



- **Turn up** the Eat Smart. Play Hard.™ music for “If You Wanna Be Like the Power Panther” or other lively, fun music. Lead (or ask someone else to lead) the group in some easy but active moves to the Power Panther song. They might step in place, do a line-dance, walk around the room, swing their arms, or just move to the music in any way they would like. *Option:* if you would like to talk to them as the music plays, use the instrumental version (without the lyrics). *Note:* “Power Panther is Here” is a shorter song and does not give as much time for parents to move.



- **Talk about** their “moves.” **Ask:**
  - How did it feel to move a little in our time together today? (Responses might include: fun, energizing, relaxing, helps relieve stress.)
  - Could you still talk while you were moving? Could you sing with the music?

### POINT OUT:

The “talk-sing test” is a good way to see if you are getting the right level of physical activity.

*If you can talk while you move, it is probably a good pace for you; if you can sing while you move, you may need to move faster or harder; and if you are too breathless to talk while you move, slow down.*

### ASK:

- Why is dancing a good way to be physically active?
- Why is it important to be physically active?
- How much physical activity do you think adults need? How much do children need?

Provide time for mothers to share their responses for each question before moving to the next one.

### POINT OUT:

- Adults need at least 30 minutes of moderate-intensity physical activity on most days of the week. Children need at least 60 minutes. Ask participants to turn to pages 26 and 27 in the *Guidebook* and highlight or circle the amount of physical activity that adults and children need.
- Physical activity helps you control body weight by balancing the calories you take in as food, with calories you use each day; and may reduce your risk of certain chronic diseases.
- Dancing, walking, riding bikes, and climbing stairs are low-cost, fun ways to be physically active with your children. Have participants turn to pages 26 and 27 in the *Guidebook* for more ways to be physically active.



### ASK:

- Why it is hard to be physically active?
- Acknowledge their challenges and ask, What are some solutions to these challenges?
- Let the group members share their challenges and possible solutions.

### REINFORCE POSSIBLE SOLUTIONS:

- *"Too tired when I get home"* (Solution: Make your lunch or break time active; take a 10-minute brisk walk.)
- *"No time – too many other things to do"* (Solutions: Be more active in the everyday things you do; use the stairs instead of the elevator or park further away and walk.)
- *"Nobody to be active with"* (Solution: Plan fun ways to be active with your family; play with your kids or walk the dog.)

### CONTINUE:

Tell the mothers that food choices are also important to a healthy family. Remind them that making smart choices from every food group is the best way to give their bodies the nutrition they need.

- Point to the *MyPyramid* poster and review that a healthy eating plan is one that:
  - 1) emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
  - 2) includes lean meats, poultry, fish, beans, eggs, and nuts;
  - 3) is low in solid fats, salt (sodium), and added sugars;
  - 4) balances food and physical activity.
- Ask the participants to turn to page 7 of the *Guidebook* and together read aloud the amounts of food shown for a 2,000-calorie meal plan.
- Ask: What makes it hard to follow this plan?
- Let the participants discuss some solutions. Then ask them to turn to page 28 in the *Guidebook* and together read aloud some of the tips for making it easier to eat smart.

### SUM UP AND HOME ACTIVITY:

Now that you know some fun and easy ways to be more physically active and eat healthy, you can take steps to make these habits part of your daily life.

- Ask each mother to highlight or circle two activities on page 26 of the *Guidebook* that she will do with her children, and
- Highlight or circle two actions on page 28 of the *Guidebook* that she will do to help her kids eat right.



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# Loving Your Family Feeding Their Future

Nutrition Education Through The Food Stamp Program



Their future  
means  
everything  
to you

## The Food Stamp Program Helps with **Nutrition Education**

Your first thought when you wake up and your last one before you fall asleep is your family. Their health and future mean everything to you.



The Food Stamp Program cares too. That is why they offer **nutrition education** for you and your family.

The Food Stamp Program provides **nutrition education** in many ways. You can go to classes, talk with nutrition educators, and practice how to shop and cook. Check with your food stamp office to see what they offer.







## Eating healthier foods helps your kids do well in school.

You already know that healthy eating is important for the entire family. And you know the Food Stamp Program provides help with food if times get tough. Food Stamp Program **nutrition education** can also help you:

- Cook easy, quick, and tasty meals that your whole family will love.
- Get your kids to eat more fruits and vegetables and like them.
- Stretch your food dollars.
- Get your family to be more physically active and have fun.

Check with your Food Stamp Program to learn more about **nutrition education**. Call the number on the back of this page today!

# Food Stamp

## Program Services

To learn more about food, nutrition, and **nutrition education classes**, call:

Attach contact information label here

To apply for food stamps, call or go to your local food stamp office.

If you need help finding your local food stamp office, call 1-800-221-5689 or go to the Food Stamp Web site at [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp).

The people who work in the Food Stamp Program really do care about your family's health and happiness. Talk with them and learn more about nutrition education classes for you and your family because you know...

**Their future means everything to you**



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# Loving Your Family Feeding Their Future

Nutrition Education Through The Food Stamp Program



The Healthy Family Guidebook



# What is inside this guidebook?

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# My plan for a healthy family

Mom, what are you making for supper?

I did not like to hear that question. I often did not have an answer.

Like most moms, I wanted my family to eat healthier foods. I knew I had to take action. With help from the Food Stamp nutrition educator, I learned that my family needed to eat more fruits, vegetables, and whole grains.

It still seemed hard to do. I needed a plan to change what we ate and how we ate.

On top of that, my family is so busy. Work and school take up most of our time. Does this sound like you?

The nutrition educator helped me learn some easy steps to get started. After a while, it was easier than I would have dreamed.

I learned that healthier eating does not take a lot of time. My family could eat healthy without spending a lot of money on food. We could change how we eat, and we would feel better.

What really helped was when the nutrition educator taught me about MyPyramid, a food and activity plan. MyPyramid shows us how to eat healthier foods and be physically active every day.

This guidebook tells you about MyPyramid. It shows you how to plan, shop, and prepare meals for your family. This guidebook is for real families that are busy like mine. The information in this guidebook is for persons over 2 years of age.









# A healthy eating plan: MyPyramid

MyPyramid helps you know what foods are best for your family.

MyPyramid includes five food groups:



I have learned to use foods from every food group each day. I pick foods from each group because no single food has everything we need for good health. This guidebook will help you use foods from each food group.

It is easy to use and gives tips on how to:

- Cook easy, quick, and tasty meals that your whole family will love.
- Get your kids to eat more fruits and vegetables and like them.
- Stretch your food dollars.
- Get your family to be more physically active and have fun.

We all know deep down that planning and making healthy meals shows our love for our families and gives them hope for a good future. This book helps you do it.





## Loving your family: Making healthier habits

The good eating habits I teach my kids today will stick with them for life. As a mom, that is one of the best gifts I can give my kids.

“Fast food” was easy for my busy family. But it often did not have healthy choices. The nutrition educator helped me learn that we can eat healthy, stay on our budget, and not spend hours in the kitchen. We took it one step at a time.

The first step was to learn how much to eat. I wanted my family to eat the right foods in the right amounts. But I did not know what the right amounts of food were.

I learned adults and kids need different amounts from each food group. Many children and women who are not very physically active will need fewer calories and less food. Many men and teen boys will need more food.



MyPyramid shows us that many adult women need about 2,000 calories a day. This means they should eat these amounts each day from each food group:

Vegetables Group	2½ cups
Fruits Group	2 cups
Milk Group	3 cups
Grains Group	6 ounces
Meat and Beans Group	5½ ounces

That seemed like a lot of food. I learned it was not as much as I thought it was when I looked at the amounts of food in my meals during the day.

These amounts of food may not be right for you. It depends on how physically active you are, your age, and if you are a woman or man. Ask your nutrition educator to help you find a plan for healthy eating by going to the MyPyramid Web site at [www.mypyramid.gov](http://www.mypyramid.gov).

MyPyramid showed me how to change, one step at a time, by using seven basic habits. Those habits have made our lives better.

I made little changes at first. Soon my family was eating better. It did not happen right away, but we did change. We all learned together. Learning together made it easier and fun.

Here are seven habits. Start slowly, but start. And stick with it. Your family will feel healthier, happier, and closer to each other. These changes are worth it.





## Habit #1

# Vary your veggies

Eating a variety of vegetables will help your family get the nutrition they need. I serve my family different vegetables like:

**Dark green** – broccoli, spinach, and greens (turnip, mustard, collard).

**Orange** – carrots and sweet potatoes.

**Starchy** – corn, white potatoes, green peas.

**Legumes** – dry beans and peas.

**Others** – tomatoes, cucumbers, green beans, cabbage, celery, cauliflower, zucchini, summer squash, and lettuce.





Vegetables of different colors provide different vitamins and minerals. When I serve many colors of vegetables, I know my family is eating healthier. I needed to serve more dark green and orange vegetables.

Here is how my family does it:

Each member of my family needs about 2½ cups of vegetables a day. This was hard for me to understand. So, I got out my measuring cups and started measuring my vegetables to see what that amount looked like.

### For one day, each one of us might eat:



- One half cup of cooked green beans (counts as 1/2 cup of vegetables).



- One cup of raw leafy vegetables, like lettuce or spinach (counts as 1/2 cup of vegetables).



- One half cup of raw tomatoes (counts as 1/2 cup of vegetables).



- One large baked sweet potato (counts as 1 cup of vegetables).

### Tips on buying vegetables:

- Fresh, frozen, and canned vegetables are all smart choices.
- Fresh vegetables can be a great buy and taste great. Check prices and look for sales.
- Frozen and canned vegetables may cost less than fresh vegetables. Check the prices.
- Frozen and canned vegetables last longer than fresh vegetables. They can also save time – no washing and chopping.

## Tips on serving vegetables:

- I can mix vegetables with other foods that my kids like. My family loves macaroni and cheese. So, I mix it with chopped broccoli for a dark green vegetable. My family never leaves a bite on their plates.
- We stir-fry vegetables like slices of zucchini, yellow squash, carrots, and onions in a nonstick pan or with a little oil. Then season to taste. Try your favorite vegetables this way.
- I serve dark green and orange vegetables often. My family likes baked sweet potatoes with cinnamon sprinkled on top.
- We keep vegetables in the refrigerator for snacks. My family likes cucumbers, carrots, and broccoli. The kids love to dip their veggies in low-fat ranch dressing or put peanut butter on their celery. They really like this recipe.



## Snack Menu

Bugs on a Log  
Low-fat milk or water

## Bugs on a Log

### Ingredients and Instructions:

1. Make “logs” from any of these foods:
  - Celery stalks, cut about 3 inches long
  - Apples, cut in halves or quarters with cores removed
  - Carrot sticks, cut to about 3 inches long
2. Top the logs with a spread such as:
  - Low-fat cream cheese and pineapple
  - Low-fat cheese and pimento
  - Peanut butter
  - Egg salad
3. Sprinkle “bugs” on the spread:
  - Raisins
  - Unsweetened whole-grain cereal
  - Sunflower seeds
  - Chopped peanuts

**Warning:** Young children less than 3 years old can easily choke on nuts, seeds, popcorn, raw vegetables, grapes, peanut butter, meat sticks, and hot dogs. Do not give these foods to infants. Cut foods into small, easily chewed finger foods for toddlers and preschoolers who are still learning to bite and chew. Watch children of all ages closely when they are eating. Also, some children and adults may be allergic to peanut butter.



I add vegetables to soups and stews like this recipe:

## Brunswick Stew

Serving Size: 1 cup | Makes: 8 servings

### Ingredients:

- 1 tablespoon vegetable oil
- 1 medium sliced onion
- 2 cups low-sodium chicken broth
- 2 cups cooked diced chicken or turkey
- 2 cups canned or cooked tomatoes
- 2 cups canned or cooked lima beans
- 2 cups canned or cooked whole-kernel corn

### Instructions:

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.



## Lunch or Dinner Menu

Brunswick Stew

Whole-wheat bread slice  
Fresh orange wedges  
Low-fat milk or water

## Delicious Greens

Serving Size: 1/4 of recipe | Makes: 4 servings

### Ingredients:

- 1/2 pound mustard or collard greens
- 2 cups shredded cabbage
- 1 tablespoon vegetable or olive oil
- 2 tablespoons minced garlic
- 1 chopped onion
- 1 tablespoon vinegar

### Instructions:

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil, and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large nonstick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

## Lunch or Dinner Menu

Sliced ham

Delicious Greens

Baked sweet potatoes  
Small piece cornbread  
Pineapple slices  
Low-fat milk or water



# Colorful Quesadillas

Serving Size: 4 wedges or one quesadilla | Makes: 8 servings

## Ingredients:

- 8 ounces fat-free cream cheese
- 1/4 teaspoon garlic powder
- 8 small flour tortillas
- 1 cup chopped sweet red or green bell pepper
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 oz. frozen, thawed, and squeezed dry

## Instructions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

## Lunch or Dinner Menu

Colorful Quesadillas

Fruit salad

Low-fat or fat-free milk





## Habit #2

# Focus on fruits

Eat a variety of fruits every day. Fruits add vitamins, minerals, and fiber to our meals and snacks.

Each member of my family needs about 2 cups of fruit every day.

**For one day, we might eat:**



- One half cup of fruit cocktail (counts as 1/2 cup of fruit).



- A large banana (counts as 1 cup of fruit).



- A small orange (counts as 1/2 cup of fruit).

### Tips on buying fruits:

- I include fresh, frozen, canned, and dried fruits like raisins on my shopping list.
- I always look for fruits on sale. Sales help stretch my food dollars.
- I always buy 100% juice and not fruit drinks. Fruit drinks might not have any fruit juice in them. They are

100% Juice	
Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%

mostly sugar. My nutrition educator told me how to tell if a drink is 100% fruit juice by looking at the food label.





## Tips on serving fruits:

- My family likes fruit juice, but I might not serve it every day. We only drink enough juice to get up to half of the fruit we need for the day when we have juice. For my family, that would be no more than 1 cup per person.
- I keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks.
- We often use fruit for dessert. Our favorites are:
  - Canned peaches, fruit cocktail, pineapple, and applesauce.
  - Mangoes, papayas, cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale.

Here is a great recipe to try as a snack or dessert.



## Snack Menu

Frozen Fruit Cups  
Graham cracker  
Low-fat or fat-free milk

## Frozen Fruit Cups

Serving Size: 1 muffin tin cup | Makes: 18 servings

### Ingredients:

- 3 bananas
- 24 ounces fat-free strawberry yogurt
- 10 ounces frozen strawberries, thawed, with the juice
- 8 ounces canned crushed pineapple, with the juice

### Instructions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.



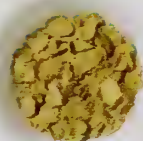


## Habit #3

# Get your calcium-rich foods

Each of my family members needs 3 cups of milk or milk products each day to get enough calcium.

For one day, we might:



- Drink 1 cup of low-fat milk or put it on our cereal for breakfast (counts as 1 cup of milk).



- Drink 1 cup of fat-free or low-fat milk for lunch (counts as 1 cup of milk).



- Eat 1 cup of low-fat yogurt as dessert at our evening meal (counts as 1 cup of milk).

On other days for one of the cups of milk, we might eat 2 ounces of low-fat processed cheese.





## Tips on buying milk and milk products:

- My family switched from whole milk to fat-free milk. We did not need the extra fat in whole milk. We changed a little at a time. First, we switched from whole to reduced-fat (2%) milk. Later, we changed to low-fat or fat-free milk. Now, that's all we drink.
- We also eat fat-free or low-fat cheese and yogurt. I feel great knowing that my family is making healthy choices.

## Tips on serving milk and milk products:

- One of my kids cannot drink milk. The doctor told me he is lactose intolerant. The nutrition educator showed me other items I can serve, like lactose-free milk and calcium-fortified foods such as calcium-fortified orange juices, soy/rice drinks, and cereals.
- I read labels carefully to make sure I'm buying calcium-fortified foods.
- I use fat-free or low-fat milk, yogurt, and cheese in foods that I make.

Try these recipes to get calcium-rich foods in your meals.



## Orange Banana Frosty

Serving Size: 1/2 cup | Makes: 2 servings

### Ingredients:

- 1 small frozen banana, cut into chunks
- 1/2 cup plain low-fat yogurt
- 1/2 cup orange juice

### Instructions:

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

## Snack Menu

Orange Banana Frosty





## Sure To Please Baked Eggs and Cheese

Serving Size: 1/4 of recipe | Makes: 4 servings

### Ingredients:

- 1 tablespoon oil
- 6 eggs\*
- 1/2 cup fat-free milk
- 1/2 cup low-fat grated cheese
- 1 teaspoon garlic powder
- 1½ teaspoons oregano

### Instructions:

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

\* 4 eggs plus 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol.

**TIP:** This recipe does not have to be just for breakfast. Consider using this recipe as a main dish at lunch or supper.

## Breakfast Menu

Sure To Please Baked Eggs and Cheese

Whole-wheat toast

100% fruit juice



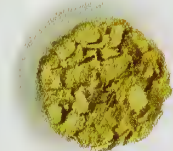


## Habit #4

# Make half your grains whole

We usually eat enough foods from the grains group like bread, cereal, rice, and pasta. My family needs to eat 6 ounces of grains each day. Three of those ounces should be whole-grain. My trusty measuring cups help me serve the right amount.

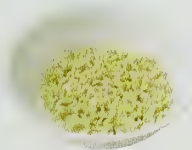
### For one day, we might eat:



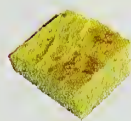
- One cup of cereal (whole-wheat flakes) (counts as 1 ounce of whole grains).



- Two slices of whole-wheat bread for our lunch sandwich (counts as 2 ounces of whole grains).



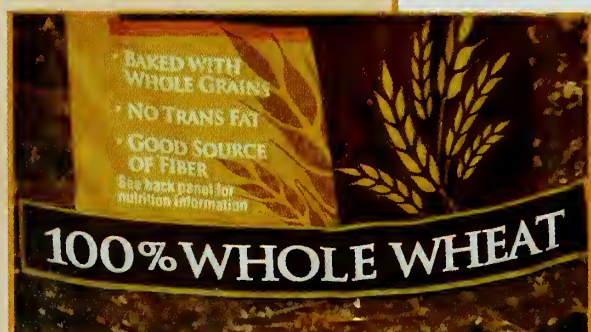
- One cup of cooked rice at our evening meal (counts as 2 ounces of grains).



- One small piece of corn bread at our evening meal (counts as 1 ounce of grains).

### Tips on buying grains:

- At least half (3 ounces for my family) should be whole grains. This was new to me. I thought if the bread was brown, it was whole-grain. That is not always true. I learned to look on the label for the words 100% whole grain, or 100% whole wheat. If you see any of these words listed first on the label, it contains whole grain.
- You can save money by shopping for grains at day-old bread stores. Ask your nutrition educator if there is one in your area that accepts food stamps.





## Tips on serving grains:

- Some whole grains that my family likes are whole-wheat breads and cereals, oatmeal, popcorn, brown rice, and whole-wheat or whole-grain corn tortillas.
- I put grains in many of the recipes I fix. Here are some fun, delicious recipes that make using whole grains really easy.

# Fantastic French Toast

Serving Size: 1/6 of recipe | Makes: 6 servings

## Ingredients:

- 2 eggs
- 1/2 cup fat-free milk
- 1/2 teaspoon vanilla extract
- 6 slices whole-wheat bread
- Light syrup or fruit toppings (optional)

## Instructions:

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture, and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.



## Breakfast Menu

Fantastic French Toast  
Light syrup  
Applesauce  
Low-fat or fat-free milk





# Spinach and Meat Cakes

Serving Size: 2 meat cakes | Makes: 6 servings

## Ingredients:

- 1 pound ground beef or turkey, 7% fat (or 93% lean)
- 2 spinach bunches, washed and cut into pieces (may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)
- 1/2 finely chopped onion
- 2 minced garlic cloves
- 1/2 teaspoon salt
- black pepper to taste
- 3 cups cooked brown rice

## Instructions:

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over cooked brown rice.

## Lunch or Dinner Menu

Spinach and Meat Cakes

Brown rice

Green salad with low fat dressing

Strawberries or red grapes

Low-fat or fat-free milk

# Banana Split Oatmeal

Serving Size: whole recipe | Makes: 1 serving

## Ingredients:

- 1/3 cup quick-cooking dry oatmeal
- 1/8 teaspoon salt
- 3/4 cup very hot water
- 1/2 sliced banana
- 1/2 cup fat-free frozen yogurt

## Instructions:

1. In a microwave-safe cereal bowl, mix together the oatmeal and salt. Stir in the water.
2. Microwave on high for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

## Breakfast Menu

Banana Split Oatmeal

1/2 Whole-wheat English muffin

Low-fat or fat-free milk

**TIP:** The banana split oatmeal can also be a snack by itself.





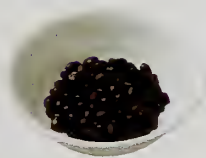
## Habit #5: Go lean with protein

The Meat and Beans Food Group gives us protein. We need protein every day. Each member of my family needs 5½ ounces from the meat and beans group each day. I had a hard time learning ounces. But my nutrition educator showed me how.

For one day, we might eat:



- One whole egg (or one tablespoon of peanut butter) at breakfast (counts as 1 ounce of meat and beans).



- 1/2 cup cooked black beans at lunch (counts as 2 ounces of meat and beans).



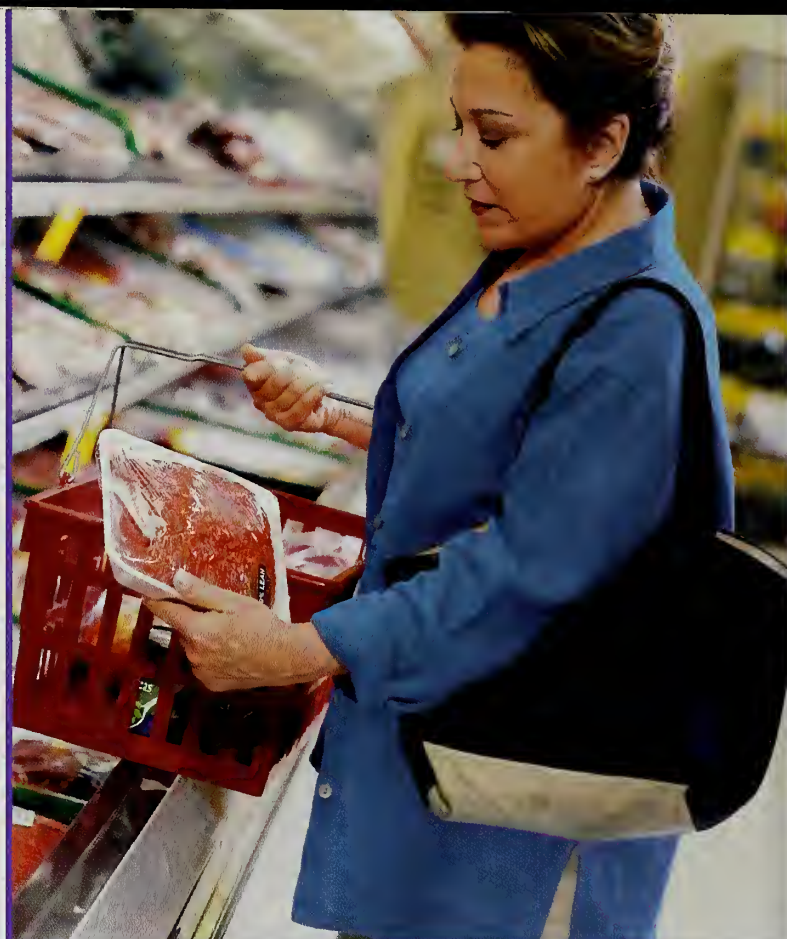
- One half of a small chicken breast (counts as 2 to 3 ounces of meat and beans).

### Tips on serving protein foods:

- It helped me to start using my measuring cups and spoons. I learned that eating 1 cup of beans would equal 4 ounces of meat. That helped me judge how much food from the Meat and Beans group my family eats.
- I take the skin off my chicken and trim the fat off meats.
- I bake, microwave, or broil our meats. This was a big change. I used to fry a lot of our foods.
- I often serve other protein foods like cooked dry beans and peas, fish, nuts, and eggs.

## Tips on buying protein foods:

- I buy low-fat or lean meats and poultry (chicken and turkey). They have less fat.
- I use more fish. I buy fresh fish when it is on sale or canned tuna or salmon. Canned fish usually costs less.



## Try these low-cost recipes:



## Salmon Patties

Serving Size: 1 patty | Makes: 9 servings

### Ingredients:

- 15½ ounces canned, drained salmon
- 1 cup crushed whole-grain cereal or crackers
- 2 lightly beaten large eggs
- 1/2 cup low-fat milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

### Instructions:

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

**Tip:** Replace the salmon with canned tuna fish. For fun, do a combination of the two!

## Lunch or Dinner Menu

Salmon Patties

Oven fries

Broccoli

Peaches

Low-fat or fat-free milk





## Bean Enchiladas

Serving Size: 2 enchiladas (6 inches each) | Makes: 4 servings

### Ingredients:

- 3½ cups cooked pinto beans  
(or two 15-oz cans of low-sodium pinto beans)
- 1 tablespoon chili powder
- 1/2 cup low-fat shredded cheese, such as Monterey Jack
- 8 6-inch flour tortillas
- Salsa (optional)

### Instructions:

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on HIGH for 45 seconds, or until tortillas are soft and warm.
3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
4. Roll tortillas to enclose mixture.
5. Spray a 9-inch x 13-inch baking dish with nonstick cooking spray.
6. Place enchiladas, seam side down, into baking dish.
7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
8. Serve warm with salsa.

## Lunch or Dinner Menu

### Bean Enchiladas

Lettuce and  
tomato salad

Pears

Low-fat or  
fat-free milk

# Sensational Six-Layer Dinner

Serving Size: 1/6 of recipe | Makes: 6 servings

## Ingredients:

- 2-3 raw, sliced potatoes (medium size)
- 2 cups sliced carrots
- 1/4 teaspoon black pepper
- 1/2 teaspoon onion, sliced
- 1 pound lean ground beef, browned and drained
- 1½ cups green beans
- 1 can of tomato soup

**Baking dish:** Use a baking dish or pan large enough to fit all recipe items.

**Variation:** Use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.

## Instructions:

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degrees for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

## Lunch or Dinner Menu

Sensational  
Six-Layer Dinner

Whole-wheat  
bread slice

Fruit cocktail

Low-fat or  
fat-free milk





## Habit #6

# Watch your fats, sugar, and salt (sodium)

I thought all fats were bad for you. But some types of fats are okay in the right amounts. I learned the fats I should use are oils like:

- Canola oil
- Corn oil
- Olive oil
- Soybean oil
- Safflower oil
- Sunflower oil
- Oils in fish, nuts, and seeds

Some types of fats are better to limit. These fats are:

- Butter
- Lard
- Stick margarine
- Fat on meats and poultry
- **Trans fats** that are in a lot of **prepared foods** like some cakes, cookies, crackers, pies, donuts, stick margarines, fried foods, chips, and solid vegetable shortening.

The nutrition educator helped me learn how to read the Nutrition Facts label to see what was in the food I bought.

- I learned to eat small amounts of fat, even oils. They are high in calories.
- I also watch the sugar my family gets. I pick food and drinks that are low in sugar. Sugars add calories to foods and not much else that we need. Some foods that are often high in sugars are sodas, candies and sweets, and fruit drinks.
- One other thing I check on the Nutrition Facts label is the amount of sodium (salt). I try to buy canned foods that are low in sodium.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250      Calories from Fat 110

### % Daily Value\*

<b>Total Fat</b> 12g	<b>18%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<b>Trans Fat</b> 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Potassium</b> 700mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
<b>Dietary Fiber</b> 0g	<b>0%</b>
<b>Sugars</b> 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



## Habit #7

# Balance what you eat with physical activity

Eating healthier foods is important, but I also learned that we need to be physically active. I learned that:

Kids need at least 60 minutes of physical activity every day or most days of the week.

Adults need to be physically active for at least 30 minutes most days of the week.

You may need more physical activity to lose weight or maintain your weight at a healthy level. If you have questions about what is right for you, go to [www.mypyramid.gov](http://www.mypyramid.gov).

Physical activity should be at least moderate-intensity like these activities:

- Walking briskly
- Dancing
- Gardening/yard work
- Bicycling





I like being more physically active because I feel better about myself. I also have more energy. I walk on most days, and it has helped me to handle my busy family. Walking is great for most people.

One of the secrets to health for our families is to balance how much we eat and how physically active we are. We need to use up what we take in. This means burning off some of the calories we take in.

Being physically active helps everyone in your family. Even if our families are busy, there are many ways for all of us to be active.

### Try these:

- Walk or play together.
  - Walk in an area that is comfortable for you like in the neighborhood, at a park, or in the mall.
  - Walk to school with your kids.
  - Walk to the store when you need only a few things.
  - Play with your children – basketball, soccer, or chase each other in a game of tag.
- Check with your local community center for exercise programs, dance classes, or other activities.
- Join a church group that does physical activities.
- Take the stairs, not the elevator.
- Park as far away from stores as you can, so you will add walking steps to your day.
- If the weather is bad, we turn on the music and dance or march around the house. The kids love this. I love it too. It gets all of us moving and away from the television.

No matter what you choose to do, get moving. The more you move, the better you feel, and the healthier you will be.





# Feeding their future: Good food habits last a lifetime

Do you have a hard time getting your kids to eat right? Here are some tips to make it easier:

- **Your habits help kids make smart food choices.** Kids like to be copycats. They will do what you do. If you drink milk and eat vegetables, so will they. Try to set a good example.
- **Have healthier foods in the house.** I let my kids decide if they want apples or graham crackers for a snack. Both are healthy choices.
- **Eat meals with your kids as often as you can.** Meals are a nice way to be with each other and break up the busy days. Use meals to talk about new foods and plan ways to be physically active.
- **Keep trying with new foods** – it may take a few tries with a new food before the family likes it. One thing we like is **new food night**. We try a new food we have never had.
- **Let your kids help** pick foods, plan meals and snacks, and fix meals.

It took some time. But now my kids feel good about eating the foods we know are good for us. We learn together. The more you teach your kids now, the healthier they will be as adults. That is a great gift to give them.







## What everyone asks: Answers to your questions

If you are like me, and many of the women I know, you have questions about eating healthier. Many women know about basic nutrition. But we still have trouble using what we know to make sure our families eat healthier foods. I rely on my nutrition educator. She has helped me to learn how to improve my family's eating habits.

Here are some of the questions that I needed help with. You might want to know these things too.

### How can I use my food stamps to stretch my food dollars?

- **Plan before going to the grocery store.** Even if you are only buying a few things, make a shopping list.
- **Shop from your list.** You will buy less if you use the list. Shop when you are not hungry. This way you will not buy more than you want and need.
- **Check the store's sales.** Pick things that match your list that are on sale. Use coupons. These can be used with food stamps. Coupons can help your food stamps buy more.
- **Buy generic or store brands.** They usually cost less.



## How can I cook healthy meals that are quick and easy? I do not have hours to spend in the kitchen.

Healthy cooking can be done without needing a lot of time. The key to healthy cooking is planning ahead and making wise choices.

- **Look for recipes that use only five to seven ingredients.** These are quick and easy.
- **When you have only a little time for fixing meals and cleaning up, use recipes for "one dish" meals.** These are recipes that combine all the foods in one dish. These are great for busy families (see page 24).
- **If your dinner meal includes a frozen item, put it in the refrigerator the night before or in the morning.** By doing that, the item is thawed and ready to use when you begin to fix dinner.

## Shopping with my kids is so hard, but a babysitter costs too much. How can I shop with the family along?

We are all very busy, so this question is one most of us need help with.

Set up rules before you leave home so the kids know what to expect. To start, let them know you will all stay together so everyone can help.

- **Let your child choose a fruit or vegetable to add to the shopping list.**  
Let them tell you where to find that food in the store.
- **Give everyone, even your smallest child, a job.**
  - If young kids are learning their colors, have them point out as many different colored vegetables as they can.
  - Have school-aged children read the labels to find healthy choices. Tell them why you are picking that food item based on what the label says.
- **When shopping, we try to find a vegetable or fruit that we have not tried before.**

Use grocery shopping as a time to teach your kids what you have learned. Shopping will take a little longer when the kids help. But this time will help your kids learn healthy eating habits that will last a lifetime.



## Where can I find menus and recipes for a whole week?

The menus on the following pages are healthy and low-cost. These sample menus are for a 2,000-calorie food pattern. Averaged over a week, these menus provide all of the recommended amounts of food from each food group. You can find some of the recipes for these tasty meals at [www.fns.usda.gov/eatsmartplayhardhealthylifestyle](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle).

You can also find many low-cost recipes at the Food Stamp Nutrition Connection at [www.nal.usda.gov/foodstamp](http://www.nal.usda.gov/foodstamp). If you need help finding the recipes, ask your nutrition educator for assistance.

## Acknowledgments

The following recipes used in this Guidebook were adapted from the USDA's Food Stamp Nutrition Connection at [www.nal.usda.gov/foodstamp](http://www.nal.usda.gov/foodstamp). You can find complete nutrient and cost information for each recipe on the Web site.

Banana Split Oatmeal, page 20

Bean Enchiladas, page 23

Brunswick Stew, page 11

Colorful Quesadillas, page 12

Delicious Greens, page 11

Fantastic French Toast, page 19

Frozen Fruit Cups, page 14

Orange Banana Frosty, page 16

Salmon Patties, page 22

Sensational Six-Layer Dinner, page 24

Spinach and Meat Cakes, page 20

Sure to Please Baked Eggs and Cheese, page 17

And, the following recipe used in this Guidebook was adapted from the National Network for Child Care at [www.nncc.org](http://www.nncc.org).

Bugs on a Log, page 10

To learn more about food and nutrition, call:

Attach contact information label here.

To apply for food stamps, call or go to your local food stamp office.

If you need help finding your local food stamp office, call  
1-800-221-5689 or go to the Food Stamp Web site at  
[www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp).



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January 2007



# Family Meals

## Easy, Tasty, and Healthy!

You're running in 10 directions! It's 4 p.m. You need to pick up your child at daycare, stop at the store, and run some errands. And, you need to get ready for an evening meeting. How do you put a healthy supper on the table, too?

A few steps can help you make an easy family meal - with less stress. Use the time you save to enjoy your family.



## Plan ahead.

**Keep meals simple!** You can make healthy meals fast.

**Cook when you have more time** – maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.

**Do some tasks the day before.** Wash and cut vegetables or make fruit salad. Your child can help. Cook noodles for pasta salad. Cook lean ground beef or turkey for tacos. Refrigerate all food items until used.

## Fast family meals:

**Hearty soup:** Add low-salt canned or frozen vegetables to soup.

**Pasta dish:** Mix chopped lean ham, cooked chicken, or tuna, and cooked vegetables, into macaroni and cheese.

**Super chili:** Serve homemade or canned chili over a baked potato or brown rice.

**Your ideas:**

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# Shop for time savers.

**Check prices on foods that are grated, chopped, washed.** These foods often cost more, but they can save time. Try grated low-fat cheese, cut-up chicken, and mixed salad greens when they are on sale.

**Stock your kitchen.** Get food that you can make and serve in a hurry, such as:

- Fruits (fresh, frozen, canned, or dried)
- Vegetables (fresh, frozen, or canned)
- Canned beans, fish, poultry, or meat
- Canned soups or stews
- Eggs
- Whole-grain bread or pasta
- Brown rice
- Low-fat or fat-free cheese or yogurt

# Save time in your kitchen.

**Cook once for everyone.** Does your child like plain vegetables, meat, rice, or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods.

**Cook a fast way.** Microwave, broil, or stir-fry when you can. Roasting and baking take longer.

**Make no-cook meals and snacks:**

- Salads with canned tuna, chicken, or beans
- Cold sandwiches
- Raw vegetables and low-fat yogurt dip
- Fruit

**Hint: Kids like finger foods!**

**Cook for today and later.** You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

# Enjoy kitchen help.

Make meals with your children. Ask them to:

- Set the table.
- Pour milk.
- Help stir.
- Measure.
- Pick vegetables for supper.
- Pick what goes in the salad.
- Pick fruit for a snack.
- Pick a new food to try.

Write other ideas here:

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Your children will learn to do more to help you. Making family meals together gives you time to talk with your child, even on busy days.



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# Ways to Eat Smart and Move More



- ☐ Eat foods from each food group each day.
- ☐ Use measuring cups to learn what 1 cup and 1/2 cup of food look like.
- ☐ Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- ☐ Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- ☐ Eat fruit for dessert.
- ☐ Pick low-fat or fat-free milk or yogurt.  
(Recommended for persons over 2 years of age)
- ☐ Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.

Write other ideas here:

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- ☐ Play active games like tag or jump rope with children.
- ☐ Walk with the kids to school each day.
- ☐ Take the stairs, not the elevator.
- ☐ Be physically active for at least 30 minutes most days of the week. Take a walk or jog at lunchtime or in the evening.
- ☐ Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball – it all counts.

Write other ideas here:

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# What counts as one cup of vegetables?

Many people need to eat 2½ cups from the vegetables group each day.\* This handout shows the amount of food that counts as 1 cup of vegetables.

\* The amount of vegetables may vary depending on age, gender, and physical activity level of each person.



1 large sweet potato counts as  
1 cup from the vegetables group



1 cup of cooked black beans counts as  
1 cup from the vegetables group



12 baby carrots count as  
1 cup from the vegetables group



1 cup of raw or cooked vegetables like green beans counts as  
1 cup from the vegetables group



2 cups of raw leafy greens like raw spinach count as  
1 cup from the vegetables group



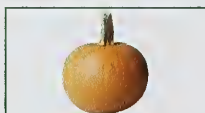
1 cup (8 fluid ounces) of tomato or vegetable juice counts as  
1 cup from the vegetables group

# My favorite vegetables

## Orange Vegetables



Carrots

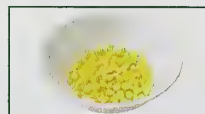


Pumpkin



Sweet potato

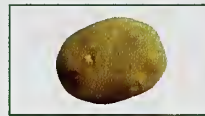
## Starchy Vegetables



Corn



Green peas

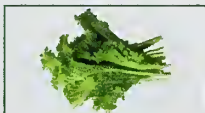


White potatoes

## Dark Green Vegetables



Broccoli



Greens (collards, mustard greens, turnip greens, kale)



Spinach



Romaine

## Other Vegetables



Cabbage



Cauliflower



Green beans



Green or red peppers



Tomatoes

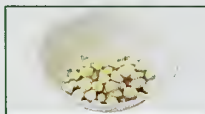


Zucchini

## Dry Beans and Peas



Black beans



Garbanzo beans



Kidney beans



Pinto beans



Black-eyed peas

Write others here:

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STEPS TO A HEALTHIER YOU



Food and Nutrition Service  
U. S. Department of Agriculture

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# What counts as one cup of fruits?

Many people need to eat 2 cups from the fruits group each day.\* This handout shows the amount of food that counts as 1 cup of fruits.

\* The amount of fruits may vary depending on age, gender, and physical activity level of each person.



1 cup of chopped fruit like fruit cocktail counts as  
1 cup from the fruits group



1/2 cup of dried fruit like raisins counts as  
1 cup from the fruits group



1 large banana counts as  
1 cup from the fruits group



1 large orange counts as  
1 cup from the fruits group



32 red seedless grapes count as  
1 cup from the fruits group

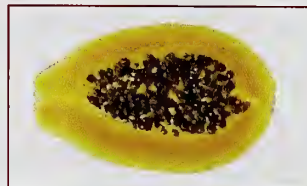


1 cup (8 fluid ounces) of 100% fruit juice counts as  
1 cup from the fruits group

# My favorite fruits



Apple



Papaya



Blueberries



Peach



Cantaloupe



Pear



Grapes



Pineapple



Grapefruit



Plums



Kiwi



Strawberries



Mango



Watermelon

Write others here:

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## Habit #1

# Vary your veggies

Eating a variety of vegetables will help your family get the nutrition they need. I serve my family different vegetables like:

**Dark green** – broccoli, spinach, and greens (turnip, mustard, collard).

**Orange** – carrots and sweet potatoes.

**Starchy** – corn, white potatoes, green peas.

**Legumes** – dry beans and peas.

**Others** – tomatoes, cucumbers, green beans, cabbage, celery, cauliflower, zucchini, summer squash, and lettuce.



Vegetables of different colors provide different vitamins and minerals. When I serve many colors of vegetables, I know my family is eating healthier. I needed to serve more dark green and orange vegetables.

Here is how my family does it:

Each member of my family needs about 2½ cups of vegetables a day. This was hard for me to understand. So, I got out my measuring cups and started measuring my vegetables to see what that amount looked like.

For one day, each one of us might eat:



- One half cup of cooked green beans (counts as 1/2 cup of vegetables).



- One cup of raw leafy vegetables, like lettuce or spinach (counts as 1/2 cup of vegetables).



- One half cup of raw tomatoes (counts as 1/2 cup of vegetables).



- One large baked sweet potato (counts as 1 cup of vegetables).

**Tips on buying vegetables:**

- Fresh, frozen, and canned vegetables are all smart choices.
- Fresh vegetables can be a great buy and taste great. Check prices and look for sales.
- Frozen and canned vegetables may cost less than fresh vegetables. Check the prices.
- Frozen and canned vegetables last longer than fresh vegetables. They can also save time – no washing and chopping.



## Tips on serving vegetables:

- I can mix vegetables with other foods that my kids like. My family loves macaroni and cheese. So, I mix it with chopped broccoli for a dark green vegetable. My family never leaves a bite on their plates.
- We stir-fry vegetables like slices of zucchini, yellow squash, carrots, and onions in a nonstick pan or with a little oil. Then season to taste. Try your favorite vegetables this way.
- I serve dark green and orange vegetables often. My family likes baked sweet potatoes with cinnamon sprinkled on top.
- We keep vegetables in the refrigerator for snacks. My family likes cucumbers, carrots, and broccoli. The kids love to dip their veggies in low-fat ranch dressing or put peanut butter on their celery. They really like this recipe.



## Snack Menu

Bugs on a Log  
Low-fat milk or water

## Bugs on a Log

### Ingredients and Instructions:

1. Make "logs" from any of these foods:
  - Celery stalks, cut about 3 inches long
  - Apples, cut in halves or quarters with cores removed
  - Carrot sticks, cut to about 3 inches long
2. Top the logs with a spread such as:
  - Low-fat cream cheese and pineapple
  - Low-fat cheese and pimento
  - Peanut butter
  - Egg salad
3. Sprinkle "bugs" on the spread:
  - Raisins
  - Unsweetened whole-grain cereal
  - Sunflower seeds
  - Chopped peanuts

**Warning:** Young children less than 3 years old can easily choke on nuts, seeds, popcorn, raw vegetables, grapes, peanut butter, meat sticks, and hot dogs. Do not give these foods to infants. Cut foods into small, easily chewed finger foods for toddlers and preschoolers who are still learning to bite and chew. Watch children of all ages closely when they are eating. Also, some children and adults may be allergic to peanut butter.

I add vegetables to soups and stews like this recipe:

## Brunswick Stew

Serving Size: 1 cup | Makes: 8 servings

### Ingredients:

- 1 tablespoon vegetable oil
- 1 medium sliced onion
- 2 cups low-sodium chicken broth
- 2 cups cooked diced chicken or turkey
- 2 cups canned or cooked tomatoes
- 2 cups canned or cooked lima beans
- 2 cups canned or cooked whole-kernel corn

### Instructions:

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.



### Lunch or Dinner Menu

Brunswick Stew  
Whole-wheat bread slice  
Fresh orange wedges  
Low-fat milk or water

## Delicious Greens

Serving Size: 1/4 of recipe | Makes: 4 servings

### Ingredients:

- 1/2 pound mustard or collard greens
- 2 cups shredded cabbage
- 1 tablespoon vegetable or olive oil
- 2 tablespoons minced garlic
- 1 chopped onion
- 1 tablespoon vinegar

### Instructions:

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil, and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large nonstick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

### Lunch or Dinner Menu

Sliced ham  
Delicious Greens  
Baked sweet potatoes  
Small piece cornbread  
Pineapple slices  
Low-fat milk or water





# Colorful Quesadillas

Serving Size: 4 wedges or one quesadilla | Makes: 8 servings

## Ingredients:

- 8 ounces fat-free cream cheese
- 1/4 teaspoon garlic powder
- 8 small flour tortillas
- 1 cup chopped sweet red or green bell pepper
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 oz. frozen, thawed, and squeezed dry

## Instructions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

## Lunch or Dinner Menu

Colorful Quesadillas  
Fruit salad  
Low-fat or fat-free milk







## Habit #2

# Focus on fruits

Eat a variety of fruits every day. Fruits add vitamins, minerals, and fiber to our meals and snacks.

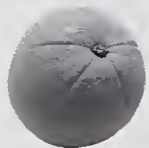
Each member of my family needs about 2 cups of fruit every day.  
For one day, we might eat:



- One half cup of fruit cocktail (counts as 1/2 cup of fruit).



- A large banana (counts as 1 cup of fruit).



- A small orange (counts as 1/2 cup of fruit).

### Tips on buying fruits:

- I include fresh, frozen, canned, and dried fruits like raisins on my shopping list.
- I always look for fruits on sale. Sales help stretch my food dollars.
- I always buy 100% juice and not fruit drinks. Fruit drinks might not have any fruit juice in them. They are

100% Juice	
Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%

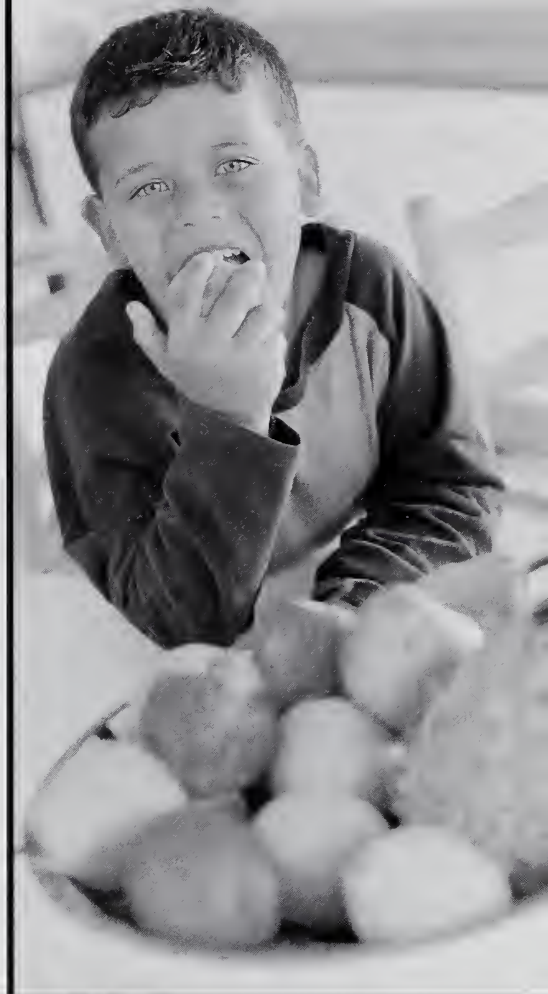
mostly sugar. My nutrition educator told me how to tell if a drink is 100% fruit juice by looking at the food label.



## Tips on serving fruits:

- My family likes fruit juice, but I might not serve it every day. We only drink enough juice to get up to half of the fruit we need for the day when we have juice. For my family, that would be no more than 1 cup per person.
- I keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks.
- We often use fruit for dessert. Our favorites are:
  - Canned peaches, fruit cocktail, pineapple, and applesauce.
  - Mangoes, papayas, cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale.

Here is a great recipe to try as a snack or dessert.



## Frozen Fruit Cups

Serving Size: 1 muffin tin cup | Makes: 18 servings

### Ingredients:

- 3 bananas
- 24 ounces fat-free strawberry yogurt
- 10 ounces frozen strawberries, thawed, with the juice
- 8 ounces canned crushed pineapple, with the juice

### Instructions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.



## Snack Menu

Frozen Fruit Cups  
Graham cracker  
Low-fat or fat-free milk



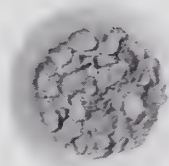


## Habit #3

# Get your calcium-rich foods

Each of my family members needs 3 cups of milk or milk products each day to get enough calcium.

For one day, we might:



- Drink 1 cup of low-fat milk or put it on our cereal for breakfast (counts as 1 cup of milk).



- Drink 1 cup of fat-free or low-fat milk for lunch (counts as 1 cup of milk).



- Eat 1 cup of low-fat yogurt as dessert at our evening meal (counts as 1 cup of milk).

On other days for one of the cups of milk, we might eat 2 ounces of low-fat processed cheese.



## Tips on buying milk and milk products:

- My family switched from whole milk to fat-free milk. We did not need the extra fat in whole milk. We changed a little at a time. First, we switched from whole to reduced-fat (2%) milk. Later, we changed to low-fat or fat-free milk. Now, that's all we drink.
- We also eat fat-free or low-fat cheese and yogurt. I feel great knowing that my family is making healthy choices.

## Tips on serving milk and milk products:

- One of my kids cannot drink milk. The doctor told me he is lactose intolerant. The nutrition educator showed me other items I can serve, like lactose-free milk and calcium-fortified foods such as calcium-fortified orange juices, soy/rice drinks, and cereals.
- I read labels carefully to make sure I'm buying calcium-fortified foods.
- I use fat-free or low-fat milk, yogurt, and cheese in foods that I make.

Try these recipes to get calcium-rich foods in your meals.



# Orange Banana Frosty

Serving Size: 1/2 cup | Makes: 2 servings

### Ingredients:

- 1 small frozen banana, cut into chunks
- 1/2 cup plain low-fat yogurt
- 1/2 cup orange juice

### Instructions:

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

## Snack Menu

Orange Banana Frosty





# Sure To Please Baked Eggs and Cheese

Serving Size: 1/4 of recipe | Makes: 4 servings

## Ingredients:

- 1 tablespoon oil
- 6 eggs\*
- 1/2 cup fat-free milk
- 1/2 cup low-fat grated cheese
- 1 teaspoon garlic powder
- 1½ teaspoons oregano

## Instructions:

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

\* 4 eggs plus 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol.

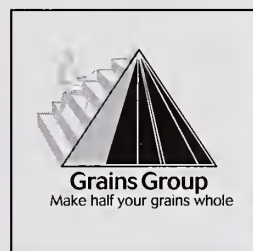
**TIP:** This recipe does not have to be just for breakfast. Consider using this recipe as a main dish at lunch or supper.

## Breakfast Menu

Sure To Please Baked Eggs and Cheese  
Whole-wheat toast  
100% fruit juice







## Habit #4 Make half your grains whole

We usually eat enough foods from the grains group like bread, cereal, rice, and pasta. My family needs to eat 6 ounces of grains each day. Three of those ounces should be whole-grain. My trusty measuring cups help me serve the right amount.

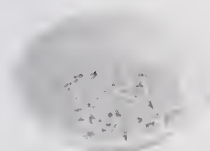
### For one day, we might eat:



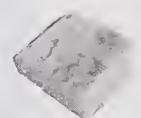
- One cup of cereal (whole-wheat flakes) (counts as 1 ounce of whole grains).



- Two slices of whole-wheat bread for our lunch sandwich (counts as 2 ounces of whole grains).



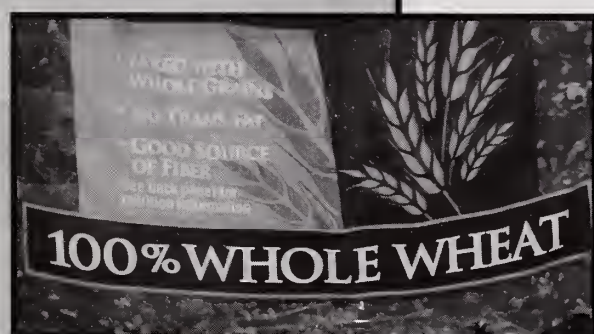
- One cup of cooked rice at our evening meal (counts as 2 ounces of grains).



- One small piece of corn bread at our evening meal (counts as 1 ounce of grains).

### Tips on buying grains:

- At least half (3 ounces for my family) should be whole grains. This was new to me. I thought if the bread was brown, it was whole-grain. That is not always true. I learned to look on the label for the words 100% whole grain, or 100% whole wheat. If you see any of these words listed first on the label, it contains whole grain.
- You can save money by shopping for grains at day-old bread stores. Ask your nutrition educator if there is one in your area that accepts food stamps.





## Tips on serving grains:

- Some whole grains that my family likes are whole-wheat breads and cereals, oatmeal, popcorn, brown rice, and whole-wheat or whole-grain corn tortillas.
- I put grains in many of the recipes I fix. Here are some fun, delicious recipes that make using whole grains really easy.

# Fantastic French Toast

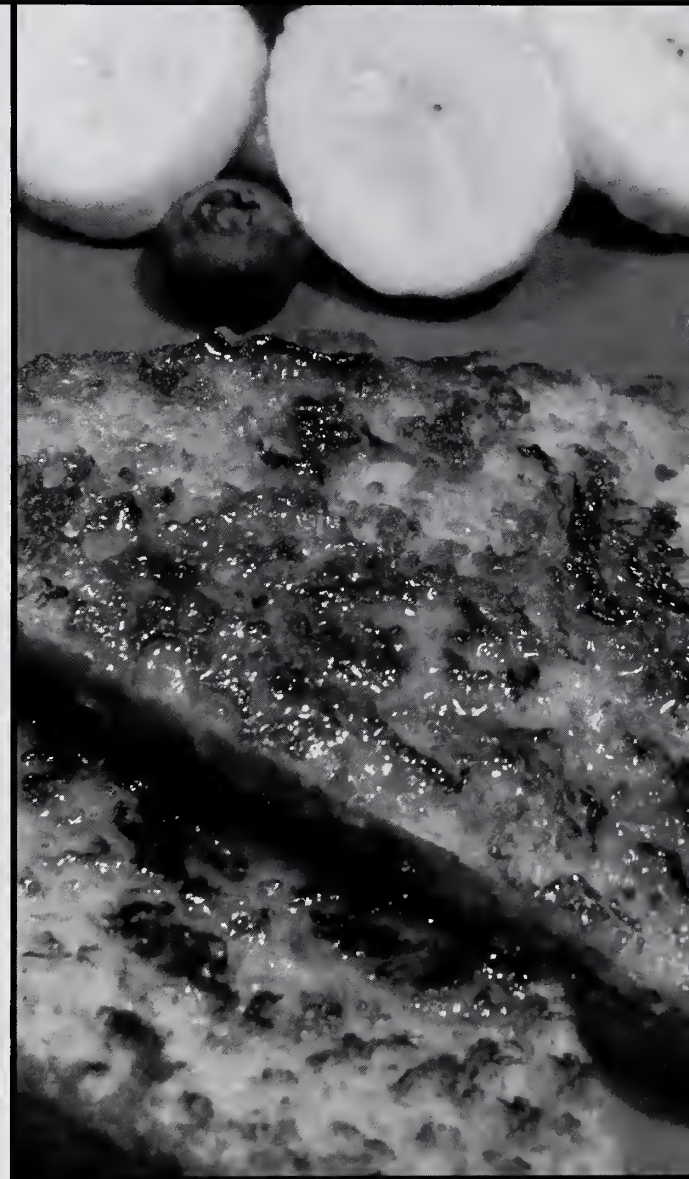
Serving Size: 1/6 of recipe | Makes: 6 servings

## Ingredients:

- 2 eggs
- 1/2 cup fat-free milk
- 1/2 teaspoon vanilla extract
- 6 slices whole-wheat bread
- Light syrup or fruit toppings (optional)

## Instructions:

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture, and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.



## Breakfast Menu

Fantastic French Toast  
Light syrup  
Applesauce  
Low-fat or fat-free milk





## Lunch or Dinner Menu

Spinach and  
Meat Cakes

Brown rice

Green salad with  
low fat dressing

Strawberries or  
red grapes

Low-fat or fat-free milk

# Spinach and Meat Cakes

Serving Size: 2 meat cakes | Makes: 6 servings

### Ingredients:

- 1 pound ground beef or turkey, 7% fat (or 93% lean)
- 2 spinach bunches, washed and cut into pieces  
(may substitute a 1-pound bag of frozen chopped  
spinach, thawed and well drained)
- 1/2 finely chopped onion
- 2 minced garlic cloves
- 1/2 teaspoon salt
- black pepper to taste
- 3 cups cooked brown rice

### Instructions:

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice  
in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying  
pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over cooked brown rice.

# Banana Split Oatmeal

Serving Size: whole recipe | Makes: 1 serving

### Ingredients:

- 1/3 cup quick-cooking  
dry oatmeal
- 1/8 teaspoon salt
- 3/4 cup very hot water
- 1/2 sliced banana
- 1/2 cup fat-free frozen yogurt

### Instructions:

1. In a microwave-safe cereal bowl,  
mix together the oatmeal and salt.  
Stir in the water.
2. Microwave on high for 1 minute.  
Stir. Microwave on high power  
for another minute. Stir again.
3. Microwave an additional 30-60  
seconds on high power until the  
cereal reaches the desired thickness.  
Stir again.
4. Top with banana slices and  
frozen yogurt.

**TIP:** The banana split oatmeal can also  
be a snack by itself.

## Breakfast Menu

Banana Split Oatmeal

1/2 Whole-wheat English muffin

Low-fat or fat-free milk







## Habit #5: Go lean with protein

The Meat and Beans Food Group gives us protein. We need protein every day. Each member of my family needs  $5\frac{1}{2}$  ounces from the meat and beans group each day. I had a hard time learning ounces. But my nutrition educator showed me how.

For one day, we might eat:



- One whole egg (or one tablespoon of peanut butter) at breakfast (counts as 1 ounce of meat and beans).



- $\frac{1}{2}$  cup cooked black beans at lunch (counts as 2 ounces of meat and beans).



- One half of a small chicken breast (counts as 2 to 3 ounces of meat and beans).

### Tips on serving protein foods:

- It helped me to start using my measuring cups and spoons. I learned that eating 1 cup of beans would equal 4 ounces of meat. That helped me judge how much food from the Meat and Beans group my family eats.
- I take the skin off my chicken and trim the fat off meats.
- I bake, microwave, or broil our meats. This was a big change. I used to fry a lot of our foods.
- I often serve other protein foods like cooked dry beans and peas, fish, nuts, and eggs.

## Tips on buying protein foods:

- I buy low-fat or lean meats and poultry (chicken and turkey). They have less fat.
- I use more fish. I buy fresh fish when it is on sale or canned tuna or salmon. Canned fish usually costs less.



## Try these low-cost recipes:



# Salmon Patties

Serving Size: 1 patty | Makes: 9 servings

### Ingredients:

- 15½ ounces canned, drained salmon
- 1 cup crushed whole-grain cereal or crackers
- 2 lightly beaten large eggs
- ½ cup low-fat milk
- ⅛ teaspoon black pepper
- 1 tablespoon vegetable oil

### Instructions:

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

**Tip:** Replace the salmon with canned tuna fish. For fun, do a combination of the two!

## Lunch or Dinner Menu

Salmon Patties  
Oven fries  
Broccoli  
Peaches  
Low-fat or fat-free milk





# Bean Enchiladas

Serving Size: 2 enchiladas (6 inches each) | Makes: 4 servings

## Ingredients:

- 3½ cups cooked pinto beans  
(or two 15-oz cans of low-sodium pinto beans)
- 1 tablespoon chili powder
- 1/2 cup low-fat shredded cheese, such as Monterey Jack
- 8 6-inch flour tortillas
- Salsa (optional)

## Instructions:

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on HIGH for 45 seconds, or until tortillas are soft and warm.
3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
4. Roll tortillas to enclose mixture.
5. Spray a 9-inch x 13-inch baking dish with nonstick cooking spray.
6. Place enchiladas, seam side down, into baking dish.
7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
8. Serve warm with salsa.

## Lunch or Dinner Menu

Bean Enchiladas

Lettuce and  
tomato salad

Pears

Low-fat or  
fat-free milk

# Sensational Six-Layer Dinner

Serving Size: 1/6 of recipe | Makes: 6 servings

## Ingredients:

- 2-3 raw, sliced potatoes (medium size)
- 2 cups sliced carrots
- 1/4 teaspoon black pepper
- 1/2 teaspoon onion, sliced
- 1 pound lean ground beef, browned and drained
- 1½ cups green beans
- 1 can of tomato soup

**Baking dish:** Use a baking dish or pan large enough to fit all recipe items.

**Variation:** Use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.

## Instructions:

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degrees for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

## Lunch or Dinner Menu

Sensational  
Six-Layer Dinner

Whole-wheat  
bread slice

Fruit cocktail

Low-fat or  
fat-free milk





## Habit #6

# Watch your fats, sugar, and salt (sodium)

I thought all fats were bad for you. But some types of fats are okay in the right amounts. I learned the fats I should use are oils like:

- Canola oil
- Corn oil
- Olive oil
- Soybean oil
- Safflower oil
- Sunflower oil
- Oils in fish, nuts, and seeds

Some types of fats are better to limit. These fats are:

- Butter
- Lard
- Stick margarine
- Fat on meats and poultry
- **Trans fats** that are in a lot of **prepared foods** like some cakes, cookies, crackers, pies, donuts, stick margarines, fried foods, chips, and solid vegetable shortening.

The nutrition educator helped me learn how to read the Nutrition Facts label to see what was in the food I bought.

- I learned to eat small amounts of fat, even oils. They are high in calories.
- I also watch the sugar my family gets. I pick food and drinks that are low in sugar. Sugars add calories to foods and not much else that we need. Some foods that are often high in sugars are sodas, candies and sweets, and fruit drinks.
- One other thing I check on the Nutrition Facts label is the amount of sodium (salt). I try to buy canned foods that are low in sodium.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g





## Habit #7

# Balance what you eat with physical activity

Eating healthier foods is important, but I also learned that we need to be physically active. I learned that:

Kids need at least 60 minutes of physical activity every day or most days of the week.

Adults need to be physically active for at least 30 minutes most days of the week.

You may need more physical activity to lose weight or maintain your weight at a healthy level. If you have questions about what is right for you, go to [www.mypyramid.gov](http://www.mypyramid.gov).

Physical activity should be at least moderate-intensity like these activities:

- Walking briskly
- Dancing
- Gardening/yard work
- Bicycling





I like being more physically active because I feel better about myself. I also have more energy. I walk on most days, and it has helped me to handle my busy family. Walking is great for most people.

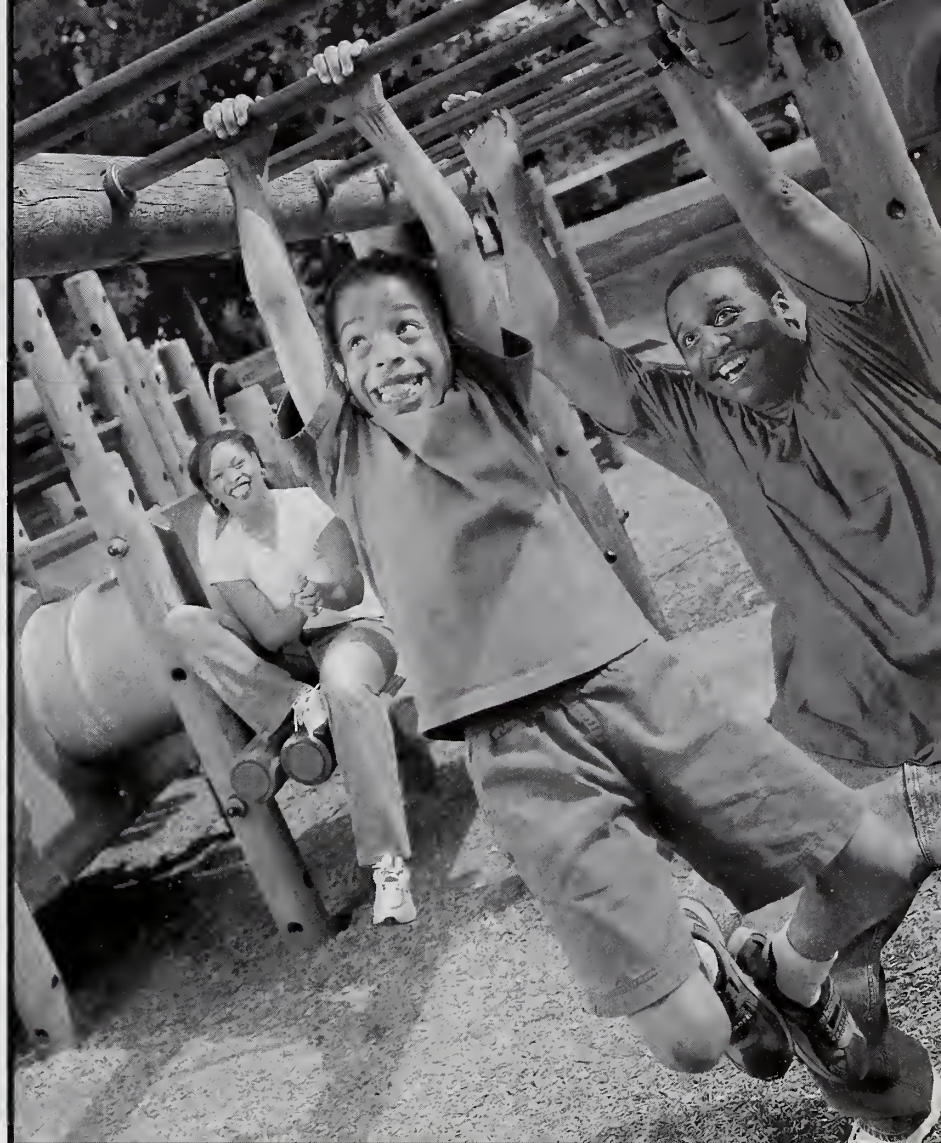
One of the secrets to health for our families is to balance how much we eat and how physically active we are. We need to use up what we take in. This means burning off some of the calories we take in.

Being physically active helps everyone in your family. Even if our families are busy, there are many ways for all of us to be active.

### Try these:

- Walk or play together.
  - Walk in an area that is comfortable for you like in the neighborhood, at a park, or in the mall.
  - Walk to school with your kids.
  - Walk to the store when you need only a few things.
  - Play with your children – basketball, soccer, or chase each other in a game of tag.
- Check with your local community center for exercise programs, dance classes, or other activities.
- Join a church group that does physical activities.
- Take the stairs, not the elevator.
- Park as far away from stores as you can, so you will add walking steps to your day.
- If the weather is bad, we turn on the music and dance or march around the house. The kids love this. I love it too. It gets all of us moving and away from the television.

No matter what you choose to do, get moving. The more you move, the better you feel, and the healthier you will be.





# Ame A Su Familia Alimente Su Futuro



Educación Nutricional A Través Del Programa De Cupones Para Alimentos



El futuro de  
su familia lo  
es todo  
para usted

## El Programa de Cupones para Alimentos ofrece **Educación sobre Nutrición**

Lo primero en que piensa cuando se levanta y antes de ir a dormir es su familia. Su salud y su futuro lo son todo para usted.



Al Programa de Cupones para Alimentos también le importa. Es por eso que ofrecen **educación sobre nutrición** para usted y su familia.

El Programa de Cupones para Alimentos ofrece **educación sobre nutrición** de muchas maneras. Usted puede ir a clases, hablar con educadores de nutrición, y practicar cómo comprar alimentos y cocinar.

Consulte a la oficina de cupones para alimentos más cercana a usted para saber cuáles opciones están disponibles.







**Comer alimentos saludables ayuda a que les vaya mejor a sus niños en la escuela.**

Usted ya sabe que comer alimentos saludables es importante para toda la familia. También sabe que el Programa de Cupones para Alimentos provee asistencia con alimentos en tiempos difíciles. El Programa de Cupones para Alimentos también ofrece **educación sobre nutrición** para ayudarle a:

- Preparar comidas fáciles, deliciosas, y rápidamente que a su familia le encantarán.
- Hacer que sus hijos coman más frutas y vegetales y les gusten.
- Aprovechar al máximo su dinero para la comida.
- Hacer que su familia haga más actividades físicas y se divierta haciéndolas.

Consulte con el Programa de Cupones para Alimentos más cercano a usted para aprender más acerca de **educación sobre nutrición**. Llame al teléfono en el reverso de esta página hoy mismo.

# Servicios del Programa de Cupones para Alimentos

Para aprender más sobre alimentos,  
nutrición, y **clases de nutrición**, llame a:

Attach contact information label here.

Para solicitar cupones para alimentos,  
llame o visite su oficina local de cupones  
para alimentos.

Si necesita ayuda para localizar la oficina de  
cupones de alimentos más cercana, llame al  
1-800-221-5689 o visítenos en Internet:

[www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp).

A las personas que trabajan en el Programa  
de Cupones para Alimentos les preocupa la  
salud y el bienestar de su familia. Hable con  
ellos para aprender más acerca de clases de  
nutrición para usted y su familia, porque...

**El futuro de su familia lo es todo para usted.**



U. S. Department of Agriculture  
Food and Nutrition Service

USDA es un proveedor y empleador que  
ofrece igualdad de oportunidades.

Enero 2007



# Ame A Su Familia Alimento Su Futuro

Educación Nutricional A Través Del Programa De Cupones Para Alimentos



Guía de la familia sana



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# Mi plan para una familia sana

Mamá ¿qué hay para cenar?

Es una pregunta que no me gustaba escuchar porque muy a menudo no tenía una respuesta.

Como la mayoría de las madres quería una familia sana. Sabía que tenía que poner manos a la obra. Con ayuda del educador sobre nutrición de cupones para alimentos, me di cuenta de que mi familia necesitaba comer más frutas, verduras y granos enteros.

Pero aún me parecía una ardua labor. Necesitaba contar con un plan que cambiase lo que comíamos y cómo lo comíamos.

Por si esto fuera poco, mi familia está siempre muy ocupada. El trabajo y la escuela nos toman la mayor parte del tiempo. ¿Le suena familiar?

El educador sobre nutrición me ayudó a aprender unos simples pasos para poder empezar. Transcurrido un tiempo era más fácil de lo que imaginaba.

Aprendí que preparar comidas sanas cada día no requiere mucho tiempo. También aprendí que mi familia puede comer alimentos sanos sin tener que gastar mucho dinero en comida. Aprendí que se puede cambiar, comer mejor y sentirse mejor.

Lo que realmente me ayudó fue cuando el experto en nutrición me enseñó el plan de alimentos y actividades llamado MiPirámide. MiPirámide enseña a comer sano y a estar activa físicamente.

Esta guía habla acerca de MiPirámide. Le enseña a planificar, comprar y preparar comidas para la familia. Esta guía es para familias de verdad que están tan ocupadas como la mía. La información en esta guía es para personas mayores de 2 años de edad.









**MiPirámide**  
PASOS HACIA UNA MEJOR SALUD  
[MyPyramid.gov](http://MyPyramid.gov)

## Un plan alimenticio sano – MiPirámide

**MiPirámide** le ayuda a saber qué alimentos son mejores para su familia.

**MiPirámide** incluye cinco grupos de alimentos principales:



**Granos**  
Consuma la mitad  
en granos integrales



**Verduras**  
Varíe las verduras



**Frutas**  
Enfoque en las frutas



**Productos Lácteos**  
Coma alimentos ricos en calcio



**Carnes y Frijoles**  
Escoja proteínas bajas en grasas

He aprendido a utilizar cada día alimentos de todos los grupos. Elijo alimentos de cada grupo, ya que no hay un solo alimento que contenga todos los ingredientes necesarios para una buena salud. Esta guía le ayudará a utilizar las comidas de cada grupo de alimentos.

Esta guía es fácil de usar y le ofrece consejos para:

- Preparar comidas fáciles, deliciosas y rápidamente que a su familia le encantarán.
- Hacer que sus hijos coman más frutas y vegetales y les gusten.
- Aprovechar al máximo su dinero para la comida.
- Hacer que su familia haga más actividades físicas y se divierta haciéndolas.

En el fondo todos sabemos que darle a la familia una dieta bien balanceada y alimentos sanos es una prueba de nuestro amor y la promesa de un futuro mejor. Este libro le ayuda a conseguirlo.





## Amando a su familia – adquirir hábitos saludables

Sé que cuando ayudo a que mis hijos aprendan buenos hábitos alimenticios, estos hábitos permanecen con ellos el resto de su vida. Como madre, éste es uno de los mejores obsequios que puedo hacerle a mis hijos.

Las “comidas rápidas” eran fáciles para mi familia que siempre está tan ocupada. Pero no era sano y costaba mucho. El educador sobre nutrición me enseñó que se pueden comer alimentos sanos sin salirse del presupuesto y sin pasarse horas cocinando. Lo tomamos paso a paso.

El primer paso fue aprender qué cantidades debíamos comer. Quería que mi familia comiera alimentos adecuados y en cantidades correctas. Pero no sabía qué cantidades de comida eran correctas.



Aprendí que los adultos y los niños necesitan diferentes cantidades de cada uno de los grupos de alimentos. Muchos niños y mujeres que no realizan muchas actividades físicas no necesitan tantas calorías o alimentos a diario. Muchos hombres y chicos adolescentes necesitan más alimentos.

**MiPirámide** dice que muchas mujeres necesitan consumir aproximadamente 2,000 calorías al día. La cantidad de comida por grupo que se necesita cada día es:

Grupo de vegetales	2½ tazas
Grupo de frutas	2 tazas
Grupo de leche	3 tazas
Grupo de granos	6 onzas
Grupo de carnes y frijoles	5½ onzas

Parecía ser mucha comida. Aprendí que no es tanto como pensaba cuando medía mis porciones de alimentos a través del día.

Estas cantidades de alimentos pudieran no ser adecuadas para usted. Depende de cuánta actividad física haga, su edad, y si es hombre o mujer. Pídale a su educador de nutrición que le ayude a conseguir un plan saludable adecuado en la página de Internet de MiPirámide: [www.mypyramid.gov](http://www.mypyramid.gov).

MiPirámide me enseñó cómo mejorar mis hábitos alimenticios, paso a paso, usando siete consejos básicos. Éstos hábitos han mejorado nuestras vidas.

Comencé con cambios pequeños. Pronto, mi familia estaba comiendo más sano. No sucedió de un día para otro, pero sí logramos el cambio. Aprendimos juntos. Aprender en grupo lo hizo todo más fácil y divertido.

A continuación, los siete consejos. Comience poco a poco, pero comience. Y sea constante. Su familia se sentirá más sana, más feliz y más unida. Estos cambios valen la pena.





## Hábito N° 1

# Varíe las verduras

Comer una variedad de verduras le ayudará a usted y a su familia a conseguir la nutrición que necesitan. A mi familia le sirvo distintas verduras como éstas:

**Hojas verdes oscuras** – como brócoli, espinacas y hortalizas verdes (nabos, repollo, acelgas).

**Naranja** – zanahorias y batatas.

**Almidonadas** – maíz, papas blancas, guisantes verdes.

**Legumbres** – legumbres y guisantes secos.

**Otras** – tomates, pepinillos, judías verdes, repollo, apio, coliflor, calabacín, calabacín amarillo, y lechuga.





Diferentes colores de verduras significan diferentes vitaminas y minerales. Cuando sirvo verduras de todos los colores sé que mi familia está comiendo sano. Necesito servir más verduras de color verde oscuro y color naranja.

Así es cómo lo hace mi familia:

Cada miembro de mi familia necesita 2½ tazas de verduras al día. Esto me fue difícil de entender. Así que con la ayuda de mis tazas de medir empecé a medir verduras para ver cómo eran las cantidades.

### En un día, puede que comamos:



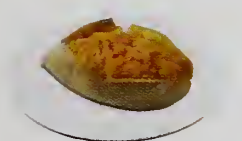
- Media taza de judías verdes cocidas (cuenta como 1/2 taza de verduras).



- Una taza de verduras de hojas crudas, como por ejemplo, lechuga o espinacas (cuenta como 1/2 taza de verduras).



- Media taza de tomates crudos (cuenta como 1/2 taza de verduras).



- Una batata grande al horno (cuenta como 1 taza de verduras).

### Consejos para comprar verduras:

- Verduras frescas, congeladas o en lata son elecciones inteligentes.
- Las verduras frescas pueden ser una gran compra y saben deliciosas. Compruebe precios y busque ofertas.
- Las verduras congeladas y en lata pueden costar menos que las verduras frescas. Compruebe los precios.
- Las verduras congeladas y en lata duran más que las verduras frescas. También pueden ahorrarle tiempo, ya que no tiene que lavarlas ni cortarlas.

## Consejos para servir verduras:

- Puedo combinar las verduras con otros platos que les gustan a mi familia. A mi familia le encanta comer macarrones con queso. Les añado brócoli o una verdura de hojas verdes. A mi familia ahora le gusta lo que les preparo y se lo comen todo.
- Con una sartén que no se pegue o con un poco de aceite, freímos calabacines, calabaza amarilla, zanahorias y cebollas.
- Con frecuencia sirvo verduras de hojas verdes oscuras y verduras naranjas. A mi familia le gustan las batatas al horno con un poco de canela espolvoreada encima.
- Siempre tengo verduras en la nevera para meriendas. A mi familia le gustan los pepinillos, las zanahorias y el brócoli. A mis hijos les encanta untar estas verduras en una salsa cremosa baja en grasas o bien poner manteca de maní en su apio. Les gusta mucho esta receta.



## Menú de merienda

Vegetales y frutas rellenas  
Leche con poca grasa o agua

## Vegetales y frutas rellenas

### Ingredientes e Instrucciones:

1. Haga 'ramas' a partir de cualquiera de estos alimentos:

- Tallos de apio, cortadas más o menos en tamaños de 3 pulgadas (7 centímetros)
- Manzanas, cortadas por la mitad o a cuartos y sin el corazón
- Pedazos de zanahoria de unas 3 pulgadas (7 centímetros)

2. Unte una de estas mezclas en las ramas:

- Queso de crema bajo en grasas y piña
- Queso bajo en grasas y pimienta
- Manteca de maní
- Ensalada de huevo

3. Espolvoree sobre la mezcla:

- Pasas
- Cereal de granos completos sin azúcar
- Semillas de girasol
- Cacahuets cortados en pedacitos

**Advertencia:** Los niños pequeños, menores de 3 años de edad, pueden atragantarse fácilmente con los frutos secos, semillas, palomitas de maíz, verduras crudas, uvas, manteca de maní, tiras de carne y perritos calientes. No dé estas comidas a los niños pequeños. Corte los alimentos en pedazos pequeños que sean fáciles de comer para los niños que empiezan a andar y los que van al parvulario y que todavía están aprendiendo a morder y a masticar. Vigile a los niños de cualquiera edad cuando estén comiendo. Además, algunos niños y adultos pudieran ser alérgicos a la manteca de maní.



# Picadillo

Tamaño de la porción: 1 taza | Hace: 6 porciones

Tiempo: 25 minutos

## Ingredientes:

- 1 libra de pavo molido
- 1 cebolla cortada a pedazos
- 5 zanahorias pequeñas cortadas en daditos
- 2 calabacines medianos o equivalente
- 2 patatas/papas medianas cortadas en daditos
- 1 cucharadita de sal
- 1/2 cucharadita de comino
- 1 lata (10½ onzas) de salsa de tomate estilo mexicano
- 1 cucharadita de fécula de maíz o maicena

## Instrucciones:

1. Dore el pavo en una sartén.
2. Agregue las cebollas, zanahorias, calabacines, patatas/papas, sal, pimienta y comino. Sofreír durante unos 5 minutos.
3. Agregar la salsa de tomate y la suficiente agua para cubrir. Hierva, luego baje el fuego y déjelo hervir a fuego lento, descubierto hasta que las verduras se ablanden.
4. Disuelva la maicena con 1 cucharada sopera de agua fría, añada la mezcla, y vuelva a hervir hasta que se espese. Servir.



# Menú

de almuerzo o cena

Picadillo

Tortilla de maíz

Naranja fresca

Leche con poca grasa o agua

# Verduras verdes deliciosas

Tamaño de la porción: 1/4 de la receta | Hace: 4 porciones

## Ingredientes:

- 1/2 libra de hojas de mostaza o acelgas
- 2 tazas de col desmenuzada
- 1 cucharada sopera de aceite vegetal o de oliva
- 2 cucharadas soperas de ajo picado
- 1 cebolla a pedazos
- 1 cucharada sopera de vinagre

## Instrucciones:

1. Enjuague las hojas, quítele los troncos y córtelas en trozos.
2. En una olla grande hierva 3 cuartos de agua.
3. Agregue las hojas de mostaza, vuelva a hervir y cocine durante 3 minutos. Agregue la col y hierva 1 minuto más. Escurrir en un colador.
4. Caliente una sartén grande a fuego medio alto. Agregue el aceite y fría el ajo y la cebolla hasta que adquiera un color café claro, alrededor de 3 minutos.
5. Agregue las verduras y el vinagre y cocer por unos 3 minutos. Servir caliente.

# Menú

de almuerzo o cena

Rodajas de jamón

Verduras verdes deliciosas

Batatas al horno

Pedazo pequeño

de pan de maíz

Pedazos de piña

Leche con poca grasa o agua





# Quesadillas de colores

Tamaño de la porción: una quesadilla |

Hace: 8 quesadillas

## Ingredientes:

- 8 onzas de crema de queso sin grasa
- 1/4 de cucharadita de ajo en polvo
- 8 tortillas pequeñas de trigo
- 1 taza de pimiento verde o rojo a pedazos
- 1 taza de queso desmenuzado
- 2 tazas de hojas de espinacas frescas o 9 oz. de espinacas congeladas, descongeladas y escurridas

## Instrucciones:

1. En un tazón pequeño, combine el queso de crema y el ajo en polvo.
2. Reparta aproximadamente 2 cucharadas de esta mezcla de quesos en cada tortilla.
3. Espolvoree aproximadamente 2 cucharadas de pimiento y 2 cucharadas de queso desmenuzado en la mitad de cada tortilla.
4. Agregue las espinacas: 1/4 de taza si usa espinacas frescas o bien 2 cucharadas si usa espinacas congeladas. Doble las tortillas por la mitad.
5. Caliente una sartén grande sobre fuego mediano hasta que esté bien caliente. Coloque 2 tortillas dobladas por la mitad en la sartén plana y calentar entre 1 y 2 minutos por cada lado hasta que se doren.
6. Retire las quesadillas de la sartén, colóquelas en una bandeja y cúbralas con papel de aluminio mientras prepara el resto.
7. Corte cada quesadilla en 4 partes. Sirva caliente.

## Menú

de almuerzo o cena

Quesadillas de colores  
Ensalada de frutas  
Leche sin grasa o poca grasa





## Hábito N° 2

# Enfoque en las frutas

Coma una variedad de frutas cada día. Las frutas añaden vitaminas y minerales a nuestras comidas y meriendas.

Cada miembro de mi familia necesita aproximadamente 2 tazas de fruta cada día.

### En un día puede que comamos:



- Media taza de cóctel de frutas cuenta como 1/2 taza de fruta.



- Una banana grande cuenta como 1 taza de fruta.



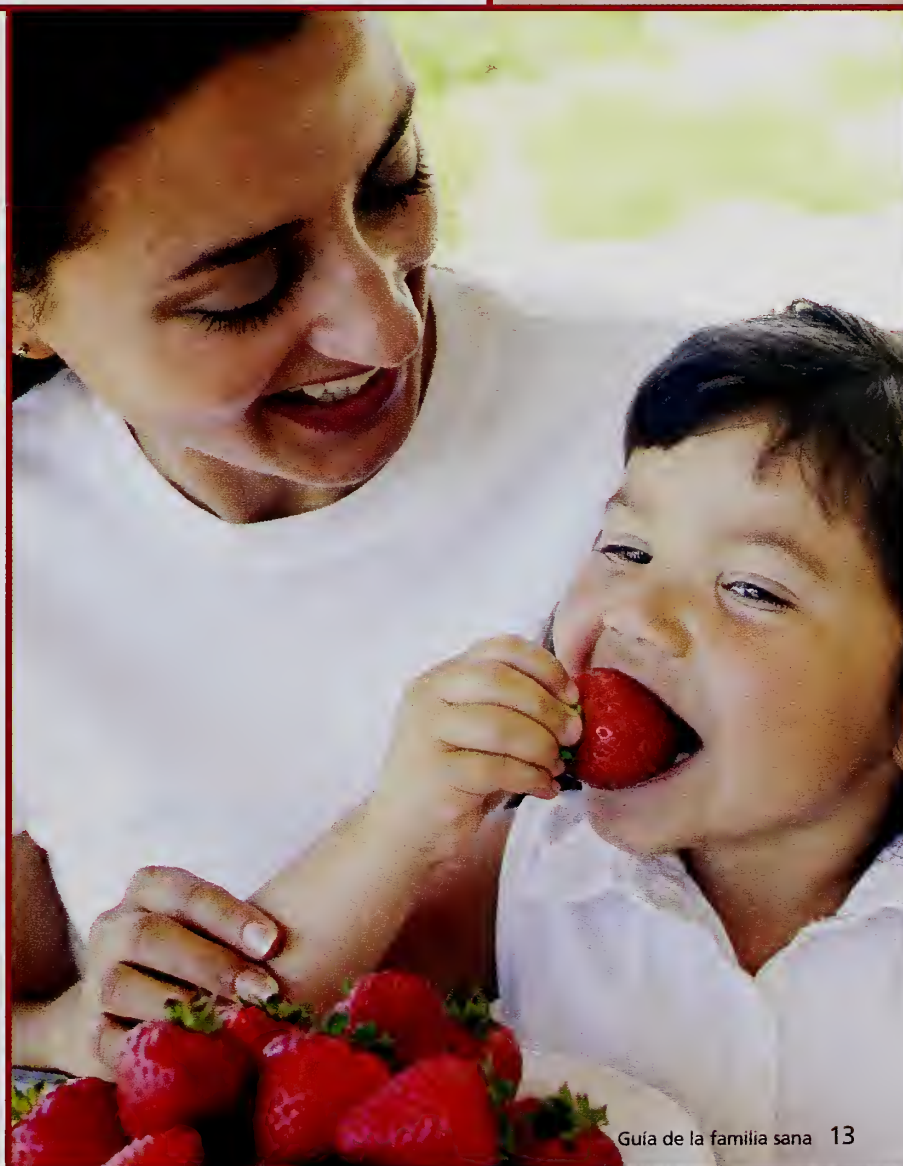
- Una naranja pequeña cuenta como 1/2 taza de fruta.

### Consejos para comprar frutas:

- Incluyo frutas frescas, frutas congeladas, en lata y frutos secos en mi lista de compras.
- Siempre intento comprar frutas que están de oferta. Las ofertas me ayudan a ahorrar dinero.
- Siempre compro bebidas que sean un 100% de jugo en vez de bebidas con sabores de frutas. Las bebidas con sabores de frutas a veces no contienen ninguna fruta. Están compuestas principalmente de

100% Juice	
Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%

azúcar. Mi experto en nutrición me explicó cómo saber si una bebida es un 100% de jugo leyendo las etiquetas.





## Consejos para servir frutas:

- A mi familia le encantan los jugos de frutas, pero no los sirvo cada día. Sólo bebemos el suficiente jugo para obtener la mitad de la fruta que necesitamos cada día. Para mi familia, esto significa 1 taza por persona.
- Siempre tengo a mano un tazón de manzanas, naranjas y bananas para comer como meriendas.
- Solemos comer fruta de postre. Nuestro favorito es:
  - Melocotones en lata, coctel de frutas, piña y compota de manzana.
  - Mangos, papayas, melón, fresas, uvas, sandías y arándanos cuando están de oferta.

He aquí una receta excelente para probar como merienda o postre.



## Batido de mango

Porciones: 1 taza | Hace: 2 porciones

### Ingredientes:

- 2 tazas de leche sin grasa o poca grasa
- 4 cucharadas de jugo de mango congelado (o 1 mango fresco sin hueso)
- 1 banana pequeña
- 2 cubos de hielo

### Instrucciones:

1. Mezcle todos los ingredientes en una licuadora.
2. Servir

**Consejo:** Agregue más leche para un batido menos espeso.

## Menú de merienda

Batido de mango



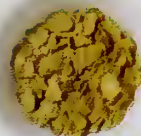


## Hábito N° 3

# Coma alimentos ricos en calcio

Cada miembro de mi familia necesita 3 tazas de leche diarias para tomar la suficiente cantidad de calcio.

En un día podemos:



- Tomar una taza de leche con poca grasa o con cereal de desayuno (cuenta como 1 taza de leche).



- Tomar una taza de leche sin grasa o con poca grasa para el almuerzo (cuenta como 1 taza de leche).



- Comer una taza de yogur con poca grasa como postre después de la cena (cuenta como 1 taza de leche).

Otros días sustituimos una de estas tazas de leche, por 2 onzas de queso con poca grasa.





## Consejos para comprar leche y productos lácteos:

- Mi familia se pasó de la leche entera a la leche sin grasa. No necesitábamos la grasa extra de la leche entera. Hicimos cambios poco a poco. Primero cambiamos a la leche con menos grasas (2%). Luego cambiamos a la leche sin grasa o con poca grasa. Ahora, es lo que siempre tomamos.
- También comemos queso y yogur sin grasa o poca grasa. Me encanta saber que mi familia está tomando decisiones sanas.

## Consejos para servir leche y productos lácteos:

- Uno de mis hijos no puede beber leche. Mi médico me dijo que es intolerante a la lactosa. El experto en nutrición me enseñó que puedo servir otros productos sin lactosa y alimentos fortificados con calcio, como por ejemplo el jugo de naranja, las bebidas de soya/arroz, y los cereales.
- Leo las etiquetas para asegurarme de que estoy comprando alimentos con calcio.
- Incluyo leche, yogur y queso sin grasa o poca grasa en algunas de las comidas que preparo.

Pruebe estas recetas para tomar comidas ricas en calcio.



## Yogur helado de naranja y piña

Tamaño de la porción: 1/3 de la receta | Hace: 3 porciones

### Ingredientes:

- 1 taza de yogur, de vainilla sin grasa
- 1/2 taza de jugo de naranja
- 1 taza de piña cortada a pedazos, fresca o enlatada

### Instrucciones:

1. Coloque el yogur y la fruta en una bolsa de plástico grande, aplástela para quitar el aire y congelar durante la noche.
2. Combine la fruta, el yogur y el jugo en una procesadora de alimentos o licuadora hasta que se convierta en una mezcla suave.
3. Servir inmediatamente o colocar en el congelador hasta que se endurezca y esté listo para servir, aproximadamente 1 hora, removiendo de vez en cuando. Remueva antes de servir.

## Menú de merienda

Yogur helado de naranja y piña





## Quesadilla con huevos

Tamaño de la porción: 1 quesadilla | Hace: 4 porciones

### Ingredientes:

- 1/2 taza de queso cheddar o cojack rallado
- 2 huevos revueltos
- 4 tortillas de trigo (6 - 8 pulgadas o 15 - 20 cm)
- 4 cucharadas de salsa (opcional)

### Instrucciones:

1. Coloque 2 cucharadas de queso y un 1/4 de los huevos revueltos sobre cada tortilla.
2. Caliente 2 quesadillas de una vez en el microondas con alto calor de 30 a 45 segundos hasta que se derrita el queso.
3. Cubrir con salsa, doblar la tortilla por la mitad y servir.

**Notas:** Los niños pueden comerlas sin muchos ingredientes o agregar más, como por ejemplo, pimientos, tomates, champiñones o cebollas. Las quesadillas son perfectas para un desayuno o almuerzo y también son fáciles y rápidas de preparar. En vez de usar un microondas, usted puede calentar las tortillas en una sartén plana o parrilla hasta que se funda el queso.

**Consejos de seguridad:** El queso fundido está muy caliente, así que espere un minuto antes de servir. Usar un cuchillo o una rueda cortadora para pizza al cortar las quesadillas y servir.

## Menú de desayuno

Quesadilla con huevos  
Jugo de frutas de 100%





Hábito N° 4

## Consuma la mitad en granos integrales

Normalmente comemos lo suficiente del grupo de alimentos correspondiente a los granos, como son el pan, los cereales, el arroz y la pasta. Mi familia necesita comer 6 onzas de granos cada día. Tres de estas onzas deberían ser de granos integrales. Mis tazas de medir de confianza me ayudan a servir la cantidad exacta.

### En un día puede que comamos:



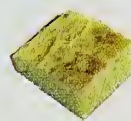
- Una taza de cereales (hojuelas integrales) (cuenta como 1 onza de granos enteros).



- Dos rebanadas de pan integral para nuestro sandwich/bocadillo del almuerzo (cuenta como 2 onzas de granos enteros).

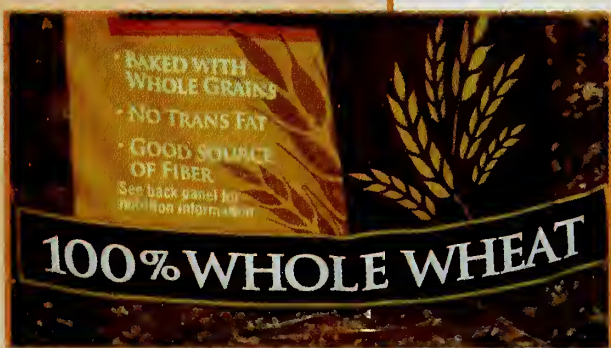


- Una taza de arroz cocido para la (cena cuenta como 2 onzas de granos).



- Un pedazo pequeño de pan de maíz para la cena (cuenta como 1 onza de granos).

### Consejos para comprar granos:



- De estas 6 onzas, como mínimo 3 deberían ser de grano integral. Esto era nuevo para mí. Pensaba que si el pan era negro o de color moreno, era de grano integral. Esto no es siempre la verdad. Busco que en la etiqueta diga 100% grano entero (whole grain) o 100% trigo integral (whole wheat). Si ve cualquiera de estas palabras como primer ingrediente es que están hechos con grano integral.
- Usted puede ahorrar dinero comprando granos en tiendas de descuento de pan (panes del día anterior). Pregúntele a su educador de nutrición si hay una de estas tiendas cerca de usted que acepte cupones para alimentos.



## Consejos para servir granos:

- Algunos de los granos que les gustan a mi familia son el pan integral y los cereales, la harina de avena, las palomitas de maíz, el arroz integral y las tortillas de maíz de grano integrales.
- Incluyo los granos en muchas de las recetas que preparo. He aquí algunas recetas divertidas y deliciosas en las que se pueden usar granos integrales muy fácilmente.

## Tostada francesa fantástica

Tamaño de la porción: 1/6 de la receta | Hace: 6 porciones

### Ingredientes:

- 2 huevos
- 1/2 taza de leche sin grasa
- 1/2 cucharadita de extracto de vainilla
- 6 rebanadas de pan integral
- Sirope ligero o frutas (opcional)

### Instrucciones:

1. Precaliente la parrilla a fuego mediano, o bien ponga una sartén eléctrica a 375 grados.
2. Ponga los huevos, la leche y el extracto de vainilla en un tazón poco hondo y bata con un tenedor hasta que se mezcle bien.
3. Unte la parrilla o sartén con una capa fina de aceite o aceite para cocinar en spray.
4. Unte ambos lados del pan, una sola rebanada a la vez, con la mezcla del huevo y ponga a cocer en la parrilla o sartén.
5. Fría un lado hasta que se dore bien. Gire la rebanada y fría el otro lado. Tarda unos 4 minutos en prepararse por cada lado.
6. Sirva con compota de manzana, pedazos de fruta o mermelada.



## Menú de desayuno

Tostada francesa fantástica  
Sirope ligero  
Compota de manzana  
Leche sin grasa o poca grasa





## Arroz con frijoles estilo cubano

Tamaño de la porción: 1 taza y 1/2 | Hace: 4 porciones

### Ingredientes:

- 1 cucharadita de aceite de oliva
- 1 cucharada de ajo molido
- 1 cebolla cortada a pedazos
- 1 taza de pimiento verde cortado en daditos
- 3 tazas de frijoles negros cocidos
- 2 tazas de caldo de pollo, bajo en sodio
- 1 cucharada de vinagre
- 1/2 cucharadita de orégano seco
- pimienta negra al gusto
- 3 tazas de arroz integral cocido

### Instrucciones:

1. Caliente el aceite de oliva en una sartén que no se pegue. Rehogue el ajo, la cebolla y el pimiento verde hasta que se doren; aproximadamente 3 minutos.
2. Mezclar con los frijoles, el caldo, el vinagre y las especias. Darle un hervor y dejarlo a fuego lento. Cocer y cubrir por 5 minutos.
3. Poner por encima del arroz y servir.

## Menú de almuerzo o cena

Arroz con frijoles  
estilo cubano

Ensalada verde con  
aliño de poca grasa

Fresas o uvas rojas

Leche sin grasa o poca grasa

## Avena banana split

Tamaño de la porción: 1 | Hace: 1 porción

### Ingredientes:

- 1/3 de taza de avena instantánea
- 1/8 de cucharadita de sal
- 3/4 de taza de agua muy caliente
- 1/2 de banana a rodajas
- 1/2 taza de helado de yogur sin grasa

### Instrucciones:

1. En un tazón que se pueda meter en el microondas, mezcle la avena y la sal. Remover con el agua.
2. Ponga la mezcla en el microondas a una potencia del 100% por 1 minuto. Remueva. Ponga la mezcla en el microondas a una potencia del 100% por otro minuto. Remueva de nuevo.
3. Ponga la mezcla en el microondas entre 30 y 60 segundos más a una potencia del 100% hasta que el cereal alcance el espesor deseado. Remueva de nuevo.
4. Decore con rodajas de banana y helado de yogur.

## Menú de desayuno

Avena banana split

1/2 panecillo integral

Leche sin grasa o poca grasa

**Consejo:** La Avena Banana Split también puede ser una merienda por sí sola.





## Hábito N° 5

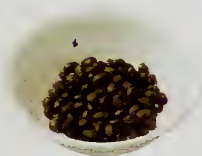
# Escoja proteínas bajas en grasas

La carne y las legumbres nos dan proteínas. Nosotros necesitamos proteínas cada día. Cada miembro de mi familia necesita cada día 5½ onzas de proteínas procedentes de carne o legumbres. Me costó mucho aprender las onzas. Pero mi experto en nutrición me enseñó cómo hacerlo.

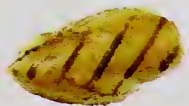
### En un día puede que comamos:



- Un huevo entero (o una taza de manteca de maní) para el desayuno (cuenta como 1 onza de carne y legumbres).



- 1/2 taza de frijoles negros cocidos para el almuerzo (cuenta como 2 onzas de carne y legumbres).



- La mitad de una pechuga de pollo (cuenta como 2 a 3 onzas de carne y legumbres).

### Consejos para servir comidas con proteínas:

- Me sirvió empezar a usar mis tazas y cucharas de medir. Aprendí que comer 1 taza de frijoles equivale a 4 onzas de carne. Esto me ayudó a juzgar cuántos alimentos del grupo de carnes y legumbres consume mi familia.
- Al pollo le quito la piel y la grasa.
- Cocino al horno, en el microondas o a la parrilla las carnes. Esto representó un gran cambio, ya que solía freír mucho.
- Con frecuencia sirvo otras comidas con proteínas como por ejemplo las judías, frijoles o guisantes secos, pescado, cacahuete, nueces, almendras, y huevos.



## Consejos para comprar alimentos con proteínas:

- Compro carnes magras o con poca grasa (pollo y pavo). Tienen menos grasas.
- Preparo más pescado. Compro pescado fresco cuando está de oferta, o bien atún y salmón en lata. Los pescados en lata suelen ser menos caros.

Pruebe estas recetas que están bien de precio:



## Pollo y frijoles

Tamaño de la porción: 1/6 de la receta | Hace: 6 porciones

### Ingredientes:

- 1 lata (15 onzas) de judías pintas o frijoles
- 1 diente de ajo
- 1 cebolla mediana
- 2 muslos y 1/2 de pollo
- 8 onzas de salsa de tomate
- 1/4 de taza de vinagre
- 1 cucharadita de azúcar
- sal y pimienta al gusto

### Instrucciones:

1. Escurra y enjuague los frijoles.
2. Aplaste el ajo.
3. Corte la cebolla en daditos.
4. Corte los muslos de pollo en daditos.
5. En un pote grande, cueza el pollo hasta que esté medio hecho.
6. Añada la salsa de tomate, el vinagre, la cebolla, el ajo, el azúcar, la sal y la pimienta.
7. Hierva al fuego lento aproximadamente entre 30 y 40 minutos o hasta que el pollo esté tierno.
8. Añada los frijoles y hierva a fuego lento durante 5 a 10 minutos.

**Notas:** Los vinagres de sidra, blancos y japonés difieren en gusto. Pruebe otras verduras. Se pueden usar legumbres secas. Ver paquete para instrucciones de preparación.

## Menú

de almuerzo o cena

Pollo y frijoles

Brócoli

Papaya

Leche sin grasa o poca grasa





## Enchiladas de frijoles

Tamaño de la porción: 2 enchiladas  
(6 pulgadas o 15 cm. cada una) | Hace: 4 porciones

### Ingredientes:

- 3½ tazas de judías pintas o frijoles (o 2 latas de 15 onzas cada una de judías pintas bajas en sodio)
- 1 cucharada de chile picante rojo en polvo
- 1/2 taza de queso rallado con poca grasa, como el Monterey Jack
- 8 tortillas de 6 pulgadas a 8 pulgadas
- salsa (opcional)

### Instrucciones:

1. Coloque las judías o frijoles en un tazón grande y desmenúcelas con un tenedor o un triturador de papas; agregar el chile en polvo.
2. Envuelva las tortillas con una toalla de papel húmeda. Ponga en el microondas a ALTO por 45 segundos o hasta que las tortillas estén blandas y calientes.
3. Reparta la mezcla de frijoles entre las tortillas y cúbralas hacia el centro de la tortilla. Espolvoree el queso sobre la mezcla de frijoles.
4. Enrolle las tortillas para cerrar la mezcla.
5. Rocíe un recipiente para el horno de 9 x 13 pulgadas con un rociador de aceite para que no se pegue.
6. Coloque las enchiladas, con el cierre hacia abajo en el recipiente para el horno.
7. Cubra con papel de aluminio y hornee a 350 grados por 20 minutos o hasta que se caliente por dentro.
8. Servir caliente con salsa.

## Menú de almuerzo y cena

Enchiladas de frijoles

Ensalada de  
lechuga y tomate

Peras

Leche sin grasa o poca grasa



# Pizzas de tortilla

Tamaño de la porción: 1 pizza | Hace: 6 porciones | Tiempo: 25 a 30 minutos

## Ingredientes:

- 12 tortillas pequeñas de maíz o de trigo
- aceite vegetal o margarina
- 1 lata de frijoles refritos (16 onzas)
- 1/4 de taza de cebolla a pedazos
- 2 onzas de guindillas/chiles frescos o en lata cortados en daditos
- 6 cucharadas de salsa roja para tacos
- 3 tazas de verduras cortadas a pedazos, como por ejemplo brócoli, champiñones, espinacas y pimiento rojo
- 1/2 taza de queso mozzarella desnatado molido
- 1/2 taza de cilantro fresco cortado (opcional)

## Instrucciones:

1. Cepille cada lado de dos tortillas con agua. Oprima juntos los lados húmedos de las tortillas hasta formar una costra de masa para pizza.
2. Cepille la parte de fuera de las tortillas con una pequeña cantidad de aceite o margarina. De forma igual dore ambos lados en una sartén caliente. Repetir para el resto de las tortillas. Reserve.
3. Caliente los frijoles refritos, la cebolla y la mitad de las guindillas/chiles en una cacerola mediana, removiendo de vez en cuando. Retire del fuego.
4. Reparta aproximadamente 1/3 de taza de la mezcla de frijoles en cada pizza de tortilla. Reparta 1 cucharada de la salsa para tacos, y luego cubra con 1/2 taza de verduras cortadas, 1 cucharadita de guindillas/chiles y 1 cucharada de queso para cada pizza.
5. Devuelva la sartén al fuego y calentar hasta que se funda el queso. Decorar con cilantro si se desea. Servir inmediatamente.

## Menú de almuerzo o cena

Pizzas de tortilla  
Coctel de frutas  
Leche sin grasa  
o poca grasa





## Hábito N° 6

# Vigile la grasa, el azúcar y la sal (sodio)

Creía que todas las grasas eran malas para nosotros. Pero existen ciertos tipos de grasas que son buenas, en cantidades razonables. Aprendí que las grasas que debería usar son los siguientes aceites:

- Aceite de canola
- Aceite de maíz
- Aceite de oliva
- Aceite de soya
- Aceite de cártamo
- Aceite de girasol
- Los aceites de los pescados, frutos secos y semillas

Hay ciertos tipos de grasas que es mejor tomar en cantidades limitadas. Son las siguientes:

- Mantequilla
- Manteca de cerdo
- Margarina
- La grasa de las carnes y las aves
- Las **grasas trans** (*trans fat*) existen en muchas de las **comidas preparadas** como por ejemplo, los pasteles, galletas, galletas saladas, tartas, donuts, margarina, las comidas fritas, «chips», y las materias grasas de las verduras.

El educador sobre nutrición me ayudó a saber leer las etiquetas de Datos de Nutrición de los alimentos para saber lo que había en la comida que compraba.

- Aprendí a comer pequeñas cantidades de grasas, incluso de aceites, ya que tienen muchas calorías.
- También vigilo el azúcar que consume mi familia. Elijo alimentos y bebidas que tengan poca azúcar. El azúcar añade calorías a los alimentos y muy poca nutrición que necesitamos. Algunos de los alimentos que suelen tener mucha azúcar son: las sodas, los dulces y las bebidas con sabores a frutas.
- Otra de las cosas que busco al leer las etiquetas de Datos de Nutrición, es la cantidad de sodio (sal). Intento comprar alimentos enlatados que sean bajos en sodio.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250      Calories from Fat 110

### % Daily Value\*

**Total Fat** 12g      18%

Saturated Fat 3g      15%

Trans Fat 3g

**Cholesterol** 30mg      10%

**Sodium** 470mg      20%

**Potassium** 700mg      20%

**Total Carbohydrate** 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

**Protein** 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

Iron      4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



## Hábito N° 7

# Combine su dieta de alimentos con ejercicio físico

Comer alimentos sanos es importante, pero también aprendí que necesitamos el ejercicio físico. Aprendí que:

Los niños necesitan por lo menos 60 minutos de ejercicio físico la mayoría de los días.

Los adultos necesitan por lo menos 30 minutos de ejercicio físico la mayoría de los días de la semana.

Es posible que necesite más ejercicio físico si desea perder peso o mantener un peso que sea saludable para usted. Si tiene alguna pregunta acerca de lo que a usted le conviene, visite la página Web [www.mypyramid.gov](http://www.mypyramid.gov).

El ejercicio físico debería ser moderado, como por ejemplo estas actividades físicas:

- Caminar rápido
- Bailar
- Jardinería
- Hacer bicicleta





Me gusta el ejercicio físico porque me hace sentir mejor. Camino la mayoría de los días y esto me ayuda a ocuparme mejor de mi familia. Caminar es bueno para la mayoría de las personas.

Uno de los secretos para una familia sana es equilibrar lo que comemos con el ejercicio físico. Necesitamos “usar” lo que consumimos. Esto significa quemar las calorías que consumimos.

Mantenerse activo puede ser una cosa de familia. Mantenerse activo ayuda a toda la familia. Incluso si su familia está ocupada, hay muchas formas de mantenerse activo.



## Intenten lo siguiente:

- Caminar o jugar juntos.
  - Pasear por un área que sea cómoda en su vecindario, el parque o unos grandes almacenes.
  - Acompañar caminando a sus hijos a la escuela.
  - Caminar hasta la tienda cuando sólo necesita unas pocas cosas.
  - Jugar con sus hijos a baloncesto, fútbol o perseguirse el uno al otro.
- Comprobar con su centro comunitario local si ofrecen programas de ejercicio, clases de baile u otras actividades.
- Unirse a un grupo organizado por la iglesia que practique actividades físicas.
- Subir y bajar escaleras, en vez de usar el elevador.
- Estacionar lo más lejos posible de las tiendas para caminar un poco más cada día.
- Si hace mal tiempo, ponemos música y bailamos o caminamos en fila por la casa. A mis hijos les encanta. Y yo también disfruto. Hace que todos nos movamos y que no miremos tanta televisión. Cuánto más se mueva, mejor se sentirá y más sano estará.

Sea lo que sea que usted escoja hacer, muévase. Mientras más se mueva, mejor se va a sentir, y más saludable estará.



# Alimentando su futuro: Los buenos hábitos alimenticios duran toda una vida

¿Le cuesta conseguir que sus hijos coman bien? He aquí otros consejos fáciles de seguir:

- **Sus hábitos contribuyen a que sus hijos coman mejor.** Sus hijos copian lo que usted hace. Harán lo que usted haga. Si usted bebe leche y come verduras, ellos también. Siente un buen ejemplo para ellos.
- **Tenga siempre alimentos sanos en la casa.** Deje que sean sus hijos quienes decidan si quieren manzanas o galletas integrales de meriendas. Ambas opciones son sanas.
- **Coma con sus hijos siempre que pueda.** Comer juntos es una forma excelente de tomarse un descanso durante esos días ocupados. Aproveche el tiempo de las comidas para hablar de nuevos alimentos y planeen nuevas formas de hacer ejercicio físico.
- **Siga probando nuevas comidas.** Es posible que necesite varios intentos antes de que a su familia le guste una comida en particular. Una de las cosas que recomendamos es establecer una **noche para nuevas comidas**. Comemos algo que nunca hemos probado.
- **Deje que sean sus hijos los que a veces elijan los alimentos,** planeen las comidas y meriendas y preparen las comidas.

Requirió un cierto tiempo, pero ahora mis hijos se sienten orgullosos de comer bien y de saber que los alimentos que comemos son buenos para nuestra salud. Hemos aprendido juntos. Cuánto más aprendan sus hijos, más sanos serán cuando lleguen a ser adultos. Es el mejor regalo que puede hacerles.







## Lo que todo el mundo quiere saber: Respuestas a sus preguntas

Si usted es como yo, y muchas de las mujeres que conozco lo son, tendrá preguntas acerca de cómo preparar comidas sanas. Muchas mujeres tenemos conocimientos básicos sobre nutrición. Pero seguimos teniendo problemas poniendo a la práctica lo que sabemos y que nuestras familias coman una dieta balanceada. Para mis decisiones sobre nutrición, dependo siempre de los consejos de mi educador. Me ha ayudado a mejorar los hábitos alimenticios de mi familia.

He aquí algunas preguntas en las que necesité un poco de ayuda. Es posible que estas respuestas también le sean de utilidad.

### ¿Cómo puedo aprovechar al máximo mis cupones para alimentos en mis ahorros?

- **Planee siempre bien antes de ir al supermercado.** Aunque compre pocas cosas, haga una lista de la compra.
- **Siempre compre los artículos que hay en su lista.** Comprará menos si utiliza la lista. Compre cuando no tenga hambre. Así no comprará más de lo que necesita.
- **Compruebe las ofertas de la tienda.** Elija artículos que encajen con su lista y que estén de oferta. Utilice los cupones de la tienda, se pueden combinar con sus cupones para alimentos. Esto le ayudará a que con sus cupones para alimentos pueda comprar más por menos.
- **Compre marcas genéricas o de supermercado.** Cuestan menos dinero.



## ¿Cómo puedo preparar comidas sanas de forma fácil y rápida?

No puedo pasarme horas en la cocina.

Se pueden preparar comidas sanas sin necesidad de invertir mucho tiempo. La clave para preparar comidas sanas radica en planear por adelantado y tomar decisiones sabias.

- **Busque recetas que usen solo de cinco a siete ingredientes.** Son rápidas y fáciles.
- **Cuando solamente dispone de un poco de tiempo para preparar platos o comidas y limpiar, utilice recetas para comidas de un "solo plato".** Son recetas que combinan varias comidas en un solo plato o "platos combinados". Son ideales para las familias numerosas. (ver página 24)
- **Si su cena incluye alimentos congelados, póngalos en la nevera por la mañana.** Al hacer esto, se asegura de que el alimento esté descongelado y listo para ser preparado para la cena.

## Hacer las compras con mis hijos es muy difícil, pero tener alguien que los cuide cuesta demasiado. ¿Cómo puedo hacer las compras en compañía de mi familia?

Todos estamos muy ocupados, por lo tanto la mayoría de nosotros necesitamos ayuda.

Establezca una serie de reglas antes de salir de su casa para que sus hijos sepan lo que les espera. Para empezar, hágales saber que saldrán a comprar juntos para que todos puedan ayudar.

- **Deje que cada uno de sus hijos elija una fruta o una verdura para añadirla a la lista de la compra.** Pídales que le muestren dónde se encuentra ese alimento en la tienda.
- **Asigne una tarea a todo el mundo, incluso al más pequeño de sus hijos.**
  - Si los más pequeños están aprendiendo los colores, pídale en el supermercado que señalen verduras de todos los colores que puedan.
  - Haga que los niños en edad escolar lean las etiquetas para encontrar alimentos sanos. Dígales que elige ese alimento basándose en lo que dice la etiqueta.
- **Al ir al supermercado, intenten encontrar una verdura o fruta que nunca hayan probado.**

Aproveche el tiempo en el supermercado para enseñarle a sus hijos lo que usted ha aprendido. Comprar con sus hijos tomará más tiempo, pero es un tiempo que invertirá en el aprendizaje de sus hijos sobre los hábitos alimenticios sanos y que les durará para el resto de sus vidas.



## ¿Dónde puedo encontrar menús y recetas para toda una semana?

Los menús de las próximas páginas son saludables y de bajo costo. Estos menús son para una rutina alimenticia de 2,000-calorías al día. Promediada a lo largo de una semana, estos menús brindan todas las cantidades recomendadas de cada grupo alimenticio. Las recetas de algunas de estas deliciosas comidas están disponibles en Internet:

[www.fns.usda.gov/eatsmartplayhardhealthylifestyle](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle).

También puede encontrar muchas recetas de bajo costo en la Conexión de Nutrición del Programa de Cupones para Alimentos en Internet: [www.nal.usda.gov/foodstamp](http://www.nal.usda.gov/foodstamp). Si necesita ayuda para ubicar las recetas, pídale ayuda a su educador de nutrición.

## Agradecimientos

Las siguientes recetas usadas en esta guía fueron adaptadas del programa USDA's Food Stamp Nutrition Connection en Internet: [www.nal.usda.gov/foodstamp](http://www.nal.usda.gov/foodstamp). Usted encontrará información completa de nutrición y costo de cada receta en dicha página Web.

Arroz con frijoles estilo cubano, Página 20

Batido de mango, Página 14,

Enchiladas de frijoles, Página 23

Avena banana split, Página 20

Picadillo, Página 11

Pizzas de tortilla, Página 24

Pollo y frijoles, Página 22

Quesadilla con huevos, Página 17

Quesadillas de colores, Página 12

Tostada francesa fantástica, Página 19

Verduras verdes deliciosas, Página 11

Yogur helado de naranja y piña, Página 16

La siguiente receta usada en esta guía fue adaptada de la página Web del National Network for Child Care: [www.nncc.org](http://www.nncc.org).

Vegetales y frutas rellenas, Página 10

# SEMANA No. 1

DÍA 1	DÍA 2	DÍA 3
<b>Desayuno</b> Avena con pasas Leche descremada Jugo de naranja	<b>Desayuno</b> Cereal de hojuelas integrales Leche descremada Banana Tostada de pan integral Jugo de toronja	<b>Desayuno</b> Cereal inflado integral con pasas Leche descremada Banana Tostada de pan integral con mermelada
<b>Almuerzo</b> Ensalada tejana* Tortilla de maíz Melón Té frío con limón	<b>Almuerzo</b> Sopa de papas* Galletas de soda integrales Zanahorias miniatura Leche descremada	<b>Almuerzo</b> Sandwich de jamón (pan integral, lechuga, tomate, jamón, queso americano, y mayonesa Frijoles al horno* Manzana Leche descremada
<b>Cena</b> Pavo sofrito con vegetales estilo chino Arroz integral Panecillo integral Postre de manzana y melocotón Leche descremada	<b>Cena</b> Asado de carne* Fideos con margarina Guisantes verdes Manzana Pudín de arroz* Leche descremada	<b>Cena</b> Pescado al horno* Arroz integral Papa dulce (en puré u horneada) con canela en polvo Acelgas Galletas de avena* Leche descremada
<b>Merienda</b> Peras Coctel de gelatina y naranjas	<b>Merienda</b> Palomitas de maíz (sin sal o grasa) Agua	<b>Merienda</b> Puré de manzana Yogur ligero simple

\* Para obtener las recetas marcadas con asteriscos (\*) y cantidades a consumir para un régimen alimenticio de 2,000-calorías diarias, visite la página Web [www.fns.usda.gov/eatsmartplayhardhealthylifestyle](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle).

Nota: Use leche y productos lácteos sin grasa o ligeros. Prepare el té sin azúcar. Use jugos de 100% fruta.



DÍA 4	DÍA 5	DÍA 6	DÍA 7
<b>Desayuno</b> Mantecada (muffin) integral con margarina Toronja Leche descremada	<b>Desayuno</b> Tostada de pan integral con manteca de maní Trozos de banana Leche descremada	<b>Desayuno</b> Huevos revueltos Papas ralladas sofritas (hash browns) Tostada de pan integral con manteca de maní Jugo de naranja Leche descremada	<b>Desayuno</b> Tostadas francesas fantásticas* Sirope Kiwi Melón Leche descremada
<b>Almuerzo</b> Ensalada de pasta con atún* Pan tipo centeno (rye) Apio Mandarinas Yogur ligero de frutas Agua	<b>Almuerzo</b> Tostada de queso (pan integral, tomate, queso americano) Frijoles rancheros* Apio Coctel de frutas Leche descremada	<b>Almuerzo</b> Nuggets de pollo horneados* Ensalada de macarrones* Guisantes con margarina Peras Leche descremada	<b>Almuerzo</b> Bacalao horneado con queso* Frijoles negros con pimientos verdes y cebolla Brócoli con margarina Panecillo integral
<b>Cena</b> Pollo con vegetales* Papas gratinadas* Uvas Pan integral Leche descremada	<b>Cena</b> Pollo horneado Papa dulce (en puré u horneada) con canela en polvo Brócoli con margarina Panecillo integral Melocotón Leche descremada	<b>Cena</b> Asado de carne tipo pizza* Maíz Espinaca Piña Panecillo integral Helado de yogur sin grasa Leche descremada	<b>Cena</b> Spaguetti con albóndigas (spaguetti, salsa de tomate, albóndigas homeadas) Pan francés Ensalada de hojas de espinaca con aderezo sin grasa a la vinagreta Leche descremada
<b>Merienda</b> Papas crujientes horneadas* Jugo de manzana	<b>Merienda</b> Crema de garbanzos* Pan árabe (pita)	<b>Merienda</b> Salsa de frijoles chili Pan árabe	<b>Merienda</b> Manzana Yogur ligero simple

# SEMANA No. 2

DÍA 1	DÍA 2	DÍA 3
<b>Desayuno</b> Burrito con huevos* Melón Jugo de naranja Leche descremada	<b>Desayuno</b> Sandwich "muffin" con huevos (huevo revuelto y queso americano en una mantecada (muffin) integral) Jugo de naranja	<b>Desayuno</b> Cereal de trigo rallado Leche descremada Banana Jugo de naranja
<b>Almuerzo</b> Sopa de lentejas* Ensalada verde con aderezo ligero Pan de maíz* Té frío con limón	<b>Almuerzo</b> Brócoli con queso Papa horneada (papa, brócoli, queso) Manzana Té frío con limón	<b>Almuerzo</b> Enchiladas de carne y queso Ensalada verde con aderezo ligero Uvas Té frío con limón
<b>Cena</b> Chuletas de cerdo y pimientos* Papas dulces asadas Guisantes verdes Puré de manzana Panecillo con margarina Leche descremada	<b>Cena</b> Pescado horneado* Frijoles cubanos* Arroz integral Tomate en rebanadas Panecillos con margarina Leche descremada	<b>Cena</b> Carne sofrita con vegetales estilo chino* Arroz blanco enriquecido Leche descremada Helado de yogur sin grasa
<b>Merienda</b> Galletas de avena y pasas Leche descremada	<b>Merienda</b> Yogur ligero Pasas	<b>Merienda</b> Zanahorias miniatura Galletas de soda (de bajo sodio)

\* Para obtener las recetas marcadas con asteriscos (\*) y cantidades a consumir para un régimen alimenticio de 2,000-calorías diarias, visite la página Web [www.fns.usda.gov/eatsmartplayhardhealthy lifestyle](http://www.fns.usda.gov/eatsmartplayhardhealthy lifestyle).

Nota: Use leche y productos lácteos sin grasa o ligeros. Prepare el té sin azúcar. Use jugos de 100% fruta.



DÍA 4	DÍA 5	DÍA 6	DÍA 7
<b>Desayuno</b> Tostada de pan integral con manteca de maní Melón Leche descremada	<b>Desayuno</b> Avena con pasas Merienda de amanecer tropical*	<b>Desayuno</b> Mantecada (muffin) de calabaza* con margarina Leche descremada Banana	<b>Desayuno</b> Cereal integral con pasas Leche descremada Manzana Jugo de naranja
<b>Almuerzo</b> Ensalada de espinaca Pan tostado con ajo y margarina Mandarinas Leche descremada	<b>Almuerzo</b> Sandwich de pavo (pavo, lechuga, tomate, mayonesa en pan integral) Ensalada de manzanas* Leche descremada	<b>Almuerzo</b> Sandwich de ensalada de pollo (ensalada de pollo* y tomate en pan integral) Ensalada de zanahorias y pasas Frijoles horneados Leche descremada	<b>Almuerzo</b> Chili vegetariano* Pan integral tostado con ajo y margarina Maíz Leche descremada
<b>Cena</b> Pollo horneado Fideos de huevo con margarina Vainitas (judías) Té frío con limón Helado de yogur sin grasa	<b>Cena</b> Pastel de salmón* Legumbres deliciosas* Mazorca de maíz Panecillo con margarina Rebanadas de melocotón Leche descremada	<b>Cena</b> Pizza personalizada* Pimientos verdes, champiñones, cebolla Ensalada verde con aderezo ligero Puré de manzana Leche descremada Pudín de banana*	<b>Cena</b> Hamburguesa de pavo* Brócoli Puré de papas con margarina Helado de yogur sin grasa Piña Leche descremada
<b>Merienda</b> Manzana Galletas "Graham"	<b>Merienda</b> Galletas de soda (de bajo sodio) Yogur ligero	<b>Merienda</b> Crema de frijoles de cinco capas* con tortilla de maíz	<b>Merienda</b> Galletas de soda integrales (de bajo sodio) con manteca de maní

Para aprender más sobre alimentos y nutrición, llame a:

Attach contact information label here.

Para solicitar cupones para alimentos, llame o visite su oficina local de Cupones para Alimentos.

Si necesita ayuda para localizar la oficina de Cupones para Alimentos más cercana, llame al 1-800-221-5689 o visítenos en Internet:  
[www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp).



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Food and Nutrition Service

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Enero 2007



# Cómo Comer Mejor y Ser Más Activo



- ☐ Comer alimentos de cada grupo de alimentos cada día.
- ☐ Usar tazas de medición para aprender cuánto es 1 taza y cuánto es media taza
- ☐ Cortar vegetales crudos como brócoli y zanahorias en trozo pequeños. Mantenerlos en la nevera en recipientes transparentes para meriendas.
- ☐ Cocinar las carnes y pescados en una barbacoa, asados o en el microondas en vez de freirlos.
- ☐ Comer frutas como postre.
- ☐ Escoger leches o yogures ligeros o sin grasa.  
(Recomendado para personas mayores de 2 años de edad)
- ☐ Escoger alimentos de granos enteros, como pan integral, avena, arroz integral y palomitas de maíz ligeras más frecuentemente.

Escriba otras ideas aquí:

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- ☐ Hacer actividades físicas con los niños como brincar la cuerda o fútbol.
- ☐ Caminar con los niños a la escuela a diario.
- ☐ Subir por las escaleras, no el ascensor.
- ☐ Hacer una actividad física por un mínimo de 30 minutos cada día, durante la mayoría de días de la semana. Hacer una caminata o trotar durante la hora del almuerzo o en la tarde.
- ☐ Ayudar a que los niños hagan una actividad física por un mínimo de 60 minutos cada día, durante la mayoría de días de la semana. Pueden caminar, bailar, jugar baloncesto, pasear bicicleta – todo cuenta.

Escriba otras ideas aquí:

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# Comidas Para Su Familia ¡Fáciles, Sabrosas, y Saludables!

Son las 4 p.m., y usted se encuentra ¡correteando a todos lados! Tiene que buscar a los niños a la guardería, parar en la tienda y hacer otros mandados. Además, tiene que arreglarse para una reunión esta noche. ¿Cómo hace para también servir una cena saludable?

Siguiendo estos cortos consejos, es fácil preparar comidas saludables y libres de estrés. Use el tiempo ahorrado para compartir con su familia.



## Planee con tiempo.

**¡Mantenga sus comidas simples!** Usted puede preparar comidas saludables rápidamente.

**Cocine cuando tenga más tiempo** – quizá los fines de semana. Haga sopas, asados, o guisos y congélelos para consumirlos durante la semana.

**Prepare algunas cosas el día antes.** Lave y corte los vegetales o haga una ensalada de frutas. Sus niños pueden ayudarle. Cocine la pasta para una ensalada. Cocine carne magra molida o de pavo para tacos. Refrigere todo hasta el momento de usarse.

## Comidas rápidas

**Sopas abundantes:** Agregue vegetales congelados o enlatados con poca sal a sus sopas.

**Platillo con pasta:** Mezcle jamón ligero en trozos, pollo cocido o atún y vegetales cocidos, con macarrones con queso.

**Súper chili:** Sirva chili con carne casero o enlatado sobre papas horneadas o arroz integral.

**Sus ideas:**

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# Compre productos que ahorren tiempo.

Revise el precio de alimentos que estén **rallados, cortados, lavados**. Éstos tienden a costar más, pero pueden ahorrarle tiempo. Pruebe queso ligero rallado, pollo en trozos, y legumbres mezcladas cuando estén en oferta.

**Abastezca su cocina.** Compre alimentos que usted pueda preparar y servir rápidamente:

- Frutas (frescas, congeladas, enlatadas, o secas)
- Vegetales (frescos, congelados, o enlatados)
- Frijoles, pescado, o carnes enlatados
- Sopas o asados enlatados
- Huevos
- Pan o pasta integrales
- Arroz integral
- Queso ligero o sin grasa o yogur

# Ahorre tiempo en la cocina.

**Cocine para todos a la vez.** ¿Sus niños prefieren los vegetales, la carne, el arroz o la pasta solos? De ser así, aparte sus porciones antes de agregar otros ingredientes. Así no necesitará tiempo extra para preparar comidas diferentes.

**Cocine rápidamente.** Use el microondas o sofría cuando pueda. Hornear toma más tiempo.

**Prepare comidas y meriendas sin cocinar:**

- Ensaladas con atún, pollo o frijoles enlatados
- Emparedados fríos
- Vegetales crudos con yogur ligero
- Frutas

**Consejo: ¡A los niños les encanta las comidas que puedan agarrar con las manos!**

**Cocine para hoy y para después.** Prepare suficiente salsa para la pasta de hoy y para servir sobre papas horneadas mañana.

# Cocine en familia.

Prepare comidas con sus niños. Pídeles que:

- Preparen la mesa.
- Sirvan la leche.
- Ayuden a mezclar.
- Midan porciones o ingredientes.
- Escojan los vegetales a comer.
- Escojan los ingredientes de la ensalada.
- Escojan frutas para la merienda.
- Escojan un nuevo alimento para probar.

Escriba otras ideas aquí:

Sus niños irán aprendiendo a ayudarle. Cocinar en familia le brinda tiempo para conversar con sus hijos, aún en los días muy atareados.



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# ¿Qué cuenta como una taza de vegetales?

Muchas personas necesitan comer 2½ tazas del grupo de los vegetales diariamente\*  
Este folleto muestra las cantidades de comida que cuentan como 1 taza de vegetales.

\*La cantidad de vegetales pudiera variar dependiendo de la edad, sexo y nivel de actividad física de cada persona.



1 papa dulce grande cuenta como  
1 taza del grupo de vegetales



1 taza de frijoles negros cocidos cuenta como  
1 taza del grupo de vegetales



12 mini zanahorias cuentan como  
1 taza del grupo de vegetales



1 taza de vegetales crudos o cocidos, como las judías cuenta como  
1 taza del grupo de vegetales



2 tazas de verduras de hojas crudas, como espinaca cuentan como  
1 taza del grupo de vegetales



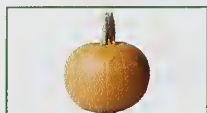
1 taza (8 onzas líquidas) de jugo mixto o de tomate cuenta como  
1 taza del grupo de vegetales

# Mis vegetales favoritos

## Vegetales color naranja



Zanahorias

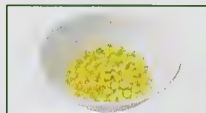


Calabaza



Papas dulces

## Vegetales con almidón



Maíz



Guisantes verdes



Papas blancas

## Vegetales de color verde oscuro



Brócoli



Legumbres (hojas de col, berza, mostaza, acelga)



Espinaca



Lechuga romana

## Otros Vegetales



Repollo



Coliflor



Vainitas o judías



Pimientos verdes



Tomates



Calabacín

## Frijoles y granos secos



Frijoles negros



Garbanzos



Frijoles rojos



Frijoles rosados o pintos



Frijoles blancos

Escriba otros aquí:

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# ¿Qué cuenta como una taza de frutas?

Muchas personas necesitan comer 2 tazas del grupo de las frutas diariamente\* Este folleto muestra las cantidades de comida que cuentan como 1 taza de frutas.

\* La cantidad de frutas pudiera variar dependiendo de la edad, sexo y nivel de actividad física de cada persona.



1 taza de fruta en trozos como coctel de frutas cuenta como  
1 taza del grupo de frutas



1/2 taza de fruta seca como pasas cuenta como  
1 taza del grupo de frutas



1 banana grande cuenta como  
1 taza del grupo de frutas



1 naranja grande cuenta como  
1 taza del grupo de frutas

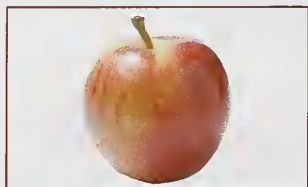


32 uvas rojas sin semillas cuentan como  
1 taza del grupo de frutas



1 taza (8 onzas líquidas) de 100% jugo cuenta como  
1 taza del grupo de frutas

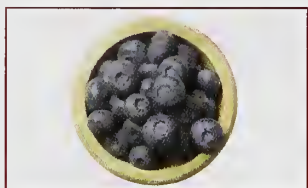
# Mis frutas favoritas



Manzana



Papaya



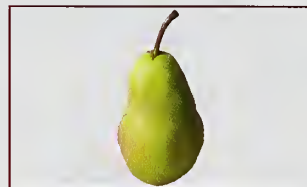
Arándanos (*blueberries*)



Durazno



Melón



Pera



Uvas



Piña



Toronja



Ciruelas



Kiwi



Fresas



Mango



Sandía

Escriba otras aquí:

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## Hábito N° 1 Varíe las verduras

Comer una variedad de verduras le ayudará a usted y a su familia a conseguir la nutrición que necesitan. A mi familia le sirvo distintas verduras como éstas:

**Hojas verdes oscuras** – como brócoli, espinacas y hortalizas verdes (nabos, repollo, acelgas).

**Naranja** – zanahorias y batatas.

**Almidonadas** – maíz, papas blancas, guisantes verdes.

**Legumbres** – legumbres y guisantes secos.

**Otras** – tomates, pepinillos, judías verdes, repollo, apio, coliflor, calabacín, calabacín amarillo, y lechuga.



Diferentes colores de verduras significan diferentes vitaminas y minerales. Cuando sirvo verduras de todos los colores sé que mi familia está comiendo sano. Necesito servir más verduras de color verde oscuro y color naranja.

Así es cómo lo hace mi familia:

Cada miembro de mi familia necesita 2½ tazas de verduras al día. Esto me fue difícil de entender. Así que con la ayuda de mis tazas de medir empecé a medir verduras para ver cómo eran las cantidades.

### En un día, puede que comamos:



- Media taza de judías verdes cocidas (cuenta como 1/2 taza de verduras).



- Una taza de verduras de hojas crudas, como por ejemplo, lechuga o espinacas (cuenta como 1/2 taza de verduras).



- Media taza de tomates crudos (cuenta como 1/2 taza de verduras).



- Una batata grande al horno (cuenta como 1 taza de verduras).

### Consejos para comprar verduras:

- Verduras frescas, congeladas o en lata son elecciones inteligentes.
- Las verduras frescas pueden ser una gran compra y saben deliciosas. Compruebe precios y busque ofertas.
- Las verduras congeladas y en lata pueden costar menos que las verduras frescas. Compruebe los precios.
- Las verduras congeladas y en lata duran más que las verduras frescas. También pueden ahorrarle tiempo, ya que no tiene que lavarlas ni cortarlas.



## Consejos para servir verduras:

- Puedo combinar las verduras con otros platos que les gustan a mi familia. A mi familia le encanta comer macarrones con queso. Les añado brócoli o una verdura de hojas verdes. A mi familia ahora le gusta lo que les preparo y se lo comen todo.
- Con una sartén que no se pegue o con un poco de aceite, freímos calabacines, calabaza amarilla, zanahorias y cebollas.
- Con frecuencia sirvo verduras de hojas verdes oscuras y verduras naranjas. A mi familia le gustan las batatas al horno con un poco de canela espolvoreada encima.
- Siempre tengo verduras en la nevera para meriendas. A mi familia le gustan los pepinillos, las zanahorias y el brócoli. A mis hijos les encanta untar estas verduras en una salsa cremosa baja en grasas o bien poner manteca de maní en su apio. Les gusta mucho esta receta.



## Menú de merienda

Vegetales y frutas rellenas  
Leche con poca grasa o agua

## Vegetales y frutas rellenas

### Ingredientes e Instrucciones:

1. Haga 'ramas' a partir de cualquiera de estos alimentos:

- Tallos de apio, cortadas más o menos en tamaños de 3 pulgadas (7 centímetros)
- Manzanas, cortadas por la mitad o a cuartos y sin el corazón
- Pedazos de zanahoria de unas 3 pulgadas (7 centímetros)

2. Unte una de estas mezclas en las ramas:

- Queso de crema bajo en grasas y piña
- Queso bajo en grasas y pimienta
- Manteca de maní
- Ensalada de huevo

3. Espolvoree sobre la mezcla:

- Pasas
- Cereal de granos completos sin azúcar
- Semillas de girasol
- Cacahuets cortados en pedacitos

**Advertencia:** Los niños pequeños, menores de 3 años de edad, pueden atragantarse fácilmente con los frutos secos, semillas, palomitas de maíz, verduras crudas, uvas, manteca de maní, tiras de carne y perritos calientes. No dé estas comidas a los niños pequeños. Corte los alimentos en pedazos pequeños que sean fáciles de comer para los niños que empiezan a andar y los que van al parvulario y que todavía están aprendiendo a morder y a masticar. Vigile a los niños de cualquiera edad cuando estén comiendo. Además, algunos niños y adultos pudieran ser alérgicos a la manteca de maní.

# Picadillo

Tamaño de la porción: 1 taza | Hace: 6 porciones

Tiempo: 25 minutos

## Ingredientes:

- 1 libra de pavo molido
- 1 cebolla cortada a pedazos
- 5 zanahorias pequeñas cortadas en daditos
- 2 calabacines medianos o equivalente
- 2 patatas/papas medianas cortadas en daditos
- 1 cucharadita de sal
- 1/2 cucharadita de comino
- 1 lata (10½ onzas) de salsa de tomate estilo mexicano
- 1 cucharadita de fécula de maíz o maicena

## Instrucciones:

1. Dore el pavo en una sartén.
2. Agregue las cebollas, zanahorias, calabacines, patatas/papas, sal, pimienta y comino. Sofreír durante unos 5 minutos.
3. Agregar la salsa de tomate y la suficiente agua para cubrir. Hierva, luego baje el fuego y déjelo hervir a fuego lento, descubierto hasta que las verduras se ablanden.
4. Disuelva la maicena con 1 cucharada sopera de agua fría, añada la mezcla, y vuelva a hervir hasta que se espese. Servir.



## Menú

de almuerzo o cena

Picadillo

Tortilla de maíz

Naranja fresca

Leche con poca grasa o agua

# Verduras verdes deliciosas

Tamaño de la porción: 1/4 de la receta | Hace: 4 porciones

## Ingredientes:

- 1/2 libra de hojas de mostaza o acelgas
- 2 tazas de col desmenuzada
- 1 cucharada sopera de aceite vegetal o de oliva
- 2 cucharadas soperas de ajo picado
- 1 cebolla a pedazos
- 1 cucharada sopera de vinagre

## Instrucciones:

1. Enjuague las hojas, quítele los troncos y córtelas en trozos.
2. En una olla grande hierva 3 cuartos de agua.
3. Agregue las hojas de mostaza, vuelva a hervir y cocine durante 3 minutos. Agregue la col y hierva 1 minuto más. Escurrir en un colador.
4. Caliente una sartén grande a fuego medio alto. Agregue el aceite y fría el ajo y la cebolla hasta que adquiera un color café claro, alrededor de 3 minutos.
5. Agregue las verduras y el vinagre y cocer por unos 3 minutos. Servir caliente.

## Menú

de almuerzo o cena

Rodajas de jamón

Verduras verdes deliciosas

Batatas al horno

Pedazo pequeño

de pan de maíz

Pedazos de piña

Leche con poca grasa o agua







# Quesadillas de colores

Tamaño de la porción: una quesadilla |

Hace: 8 quesadillas

## Ingredientes:

- 8 onzas de crema de queso sin grasa
- 1/4 de cucharadita de ajo en polvo
- 8 tortillas pequeñas de trigo
- 1 taza de pimienta verde o rojo a pedazos
- 1 taza de queso desmenuzado
- 2 tazas de hojas de espinacas frescas o 9 oz. de espinacas congeladas, descongeladas y escurridas

## Instrucciones:

1. En un tazón pequeño, combine el queso de crema y el ajo en polvo.
2. Reparta aproximadamente 2 cucharadas de esta mezcla de quesos en cada tortilla.
3. Espolvoree aproximadamente 2 cucharadas de pimienta y 2 cucharadas de queso desmenuzado en la mitad de cada tortilla.
4. Agregue las espinacas: 1/4 de taza si usa espinacas frescas o bien 2 cucharadas si usa espinacas congeladas. Doble las tortillas por la mitad.
5. Caliente una sartén grande sobre fuego mediano hasta que esté bien caliente. Coloque 2 tortillas dobladas por la mitad en la sartén plana y calentar entre 1 y 2 minutos por cada lado hasta que se doren.
6. Retire las quesadillas de la sartén, colóquelas en una bandeja y cúbralas con papel de aluminio mientras prepara el resto.
7. Corte cada quesadilla en 4 partes. Sirva caliente.

## Menú de almuerzo o cena

Quesadillas de colores  
Ensalada de frutas  
Leche sin grasa o poca grasa







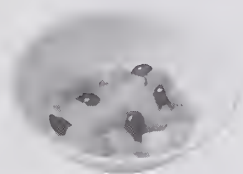
## Hábito N° 2

# Enfoque en las frutas

Coma una variedad de frutas cada día. Las frutas añaden vitaminas y minerales a nuestras comidas y meriendas.

Cada miembro de mi familia necesita aproximadamente 2 tazas de fruta cada día.

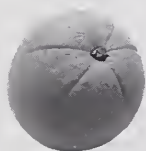
En un día puede que comamos:



- Media taza de cóctel de frutas cuenta como 1/2 taza de fruta.



- Una banana grande cuenta como 1 taza de fruta.



- Una naranja pequeña cuenta como 1/2 taza de fruta.

### Consejos para comprar frutas:

- Incluyo frutas frescas, frutas congeladas, en lata y frutos secos en mi lista de compras.
- Siempre intento comprar frutas que están de oferta. Las ofertas me ayudan a ahorrar dinero.
- Siempre compro bebidas que sean un 100% de jugo en vez de bebidas con sabores de frutas. Las bebidas con sabores de frutas a veces no contienen ninguna fruta. Están compuestas principalmente de

100% Juice	
Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%

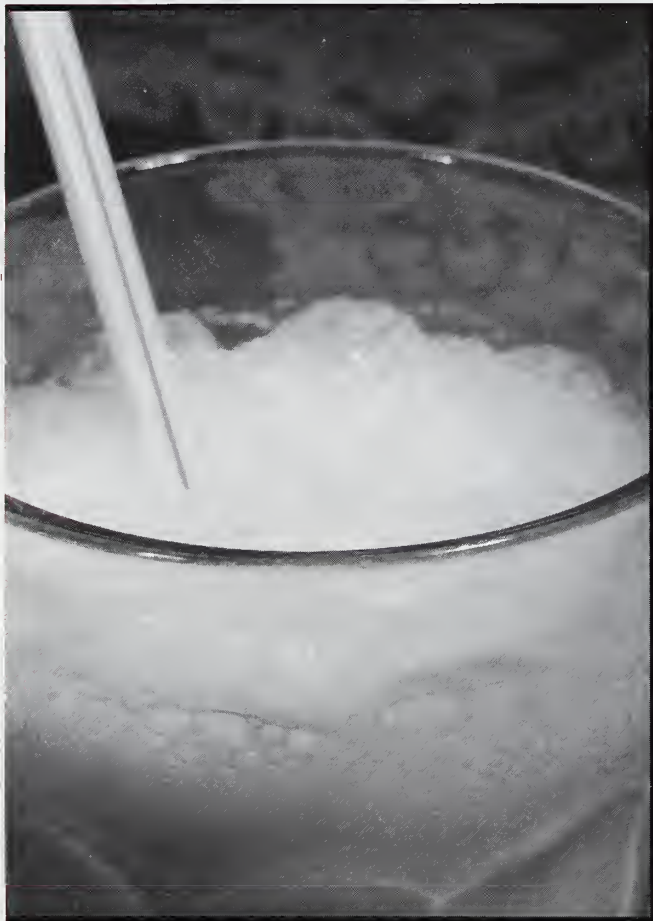
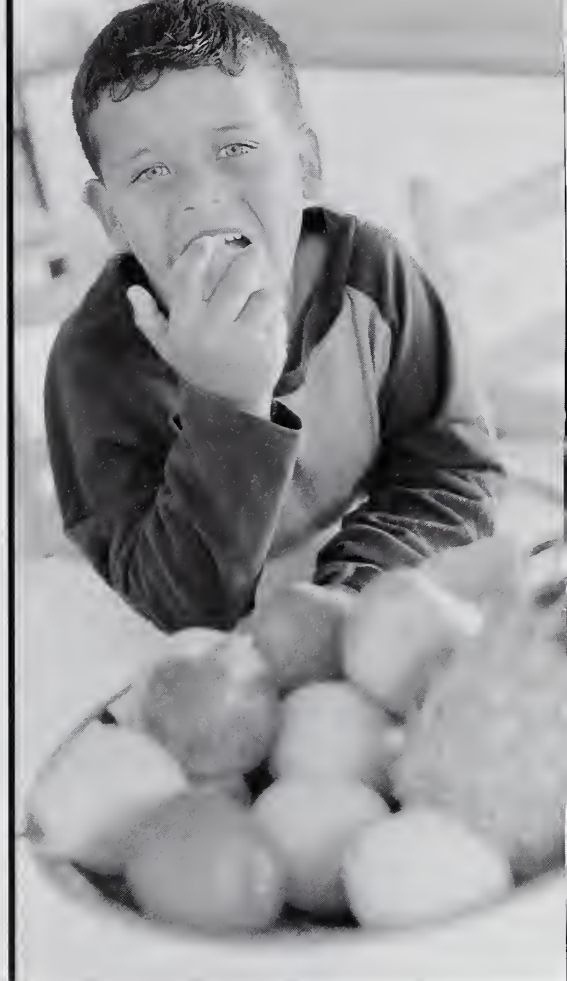
azúcar. Mi experto en nutrición me explicó cómo saber si una bebida es un 100% de jugo leyendo las etiquetas.



## Consejos para servir frutas:

- A mi familia le encantan los jugos de frutas, pero no los sirvo cada día. Sólo bebemos el suficiente jugo para obtener la mitad de la fruta que necesitamos cada día. Para mi familia, esto significa 1 taza por persona.
- Siempre tengo a mano un tazón de manzanas, naranjas y bananas para comer como meriendas.
- Solemos comer fruta de postre. Nuestro favorito es:
  - Melocotones en lata, coctel de frutas, piña y compota de manzana.
  - Mangos, papayas, melón, fresas, uvas, sandías y arándanos cuando están de oferta.

He aquí una receta excelente para probar como merienda o postre.



## Menú de merienda

Batido de mango

## Batido de mango

Porciones: 1 taza | Hace: 2 porciones

### Ingredientes:

- 2 tazas de leche sin grasa o poca grasa
- 4 cucharadas de jugo de mango congelado (o 1 mango fresco sin hueso)
- 1 banana pequeña
- 2 cubos de hielo

### Instrucciones:

1. Mezcle todos los ingredientes en una licuadora.
2. Servir

**Consejo:** Agregue más leche para un batido menos espeso.



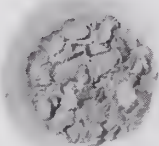


## Hábito N° 3

# Coma alimentos ricos en calcio

Cada miembro de mi familia necesita 3 tazas de leche diarias para tomar la suficiente cantidad de calcio.

En un día podemos:



- Tomar una taza de leche con poca grasa o con cereal de desayuno (cuenta como 1 taza de leche).



- Tomar una taza de leche sin grasa o con poca grasa para el almuerzo (cuenta como 1 taza de leche).



- Comer una taza de yogur con poca grasa como postre después de la cena (cuenta como 1 taza de leche).

Otros días sustituimos una de estas tazas de leche, por 2 onzas de queso con poca grasa.



## Consejos para comprar leche y productos lácteos:

- Mi familia se pasó de la leche entera a la leche sin grasa. No necesitábamos la grasa extra de la leche entera. Hicimos cambios poco a poco. Primero cambiamos a la leche con menos grasas (2%). Luego cambiamos a la leche sin grasa o con poca grasa. Ahora, es lo que siempre tomamos.
- También comemos queso y yogur sin grasa o poca grasa. Me encanta saber que mi familia está tomando decisiones sanas.

## Consejos para servir leche y productos lácteos:

- Uno de mis hijos no puede beber leche. Mi médico me dijo que es intolerante a la lactosa. El experto en nutrición me enseñó que puedo servir otros productos sin lactosa y alimentos fortificados con calcio, como por ejemplo el jugo de naranja, las bebidas de soya/arroz, y los cereales.
- Leo las etiquetas para asegurarme de que estoy comprando alimentos con calcio.
- Incluyo leche, yogur y queso sin grasa o poca grasa en algunas de las comidas que preparo.

Pruebe estas recetas para tomar comidas ricas en calcio.

## Yogur helado de naranja y piña

Tamaño de la porción: 1/3 de la receta | Hace: 3 porciones

### Ingredientes:

- 1 taza de yogur, de vainilla sin grasa
- 1/2 taza de jugo de naranja
- 1 taza de piña cortada a pedazos, fresca o enlatada

### Instrucciones:

1. Coloque el yogur y la fruta en una bolsa de plástico grande, aplástela para quitar el aire y congelar durante la noche.
2. Combine la fruta, el yogur y el jugo en una procesadora de alimentos o licuadora hasta que se convierta en una mezcla suave.
3. Servir inmediatamente o colocar en el congelador hasta que se endurezca y esté listo para servir, aproximadamente 1 hora, removiendo de vez en cuando. Remueva antes de servir.

## Menú de merienda

Yogur helado de naranja y piña





# Quesadilla con huevos

Tamaño de la porción: 1 quesadilla | Hace: 4 porciones

## Ingredientes:

- 1/2 taza de queso cheddar o cojack rallado
- 2 huevos revueltos
- 4 tortillas de trigo (6 - 8 pulgadas o 15 - 20 cm)
- 4 cucharadas de salsa (opcional)

## Instrucciones:

1. Coloque 2 cucharadas de queso y un 1/4 de los huevos revueltos sobre cada tortilla.
2. Caliente 2 quesadillas de una vez en el microondas con alto calor de 30 a 45 segundos hasta que se derrita el queso.
3. Cubrir con salsa, doblar la tortilla por la mitad y servir.

**Notas:** Los niños pueden comerlas sin muchos ingredientes o agregar más, como por ejemplo, pimientos, tomates, champiñones o cebollas. Las quesadillas son perfectas para un desayuno o almuerzo y también son fáciles y rápidas de preparar. En vez de usar un microondas, usted puede calentar las tortillas en una sartén plana o parrilla hasta que se funda el queso.

**Consejos de seguridad:** El queso fundido está muy caliente, así que espere un minuto antes de servir. Usar un cuchillo o una rueda cortadora para pizza al cortar las quesadillas y servir.

# Menú de desayuno

Quesadilla con huevos  
Jugo de frutas de 100%



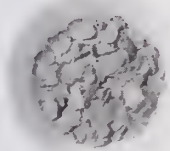




## Hábito N° 4 Consuma la mitad en granos integrales

Normalmente comemos lo suficiente del grupo de alimentos correspondiente a los granos, como son el pan, los cereales, el arroz y la pasta. Mi familia necesita comer 6 onzas de granos cada día. Tres de estas onzas deberían ser de granos integrales. Mis tazas de medir de confianza me ayudan a servir la cantidad exacta.

### En un día puede que comamos:



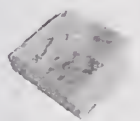
- Una taza de cereales (hojuelas integrales) (cuenta como 1 onza de granos enteros).



- Dos rebanadas de pan integral para nuestro sandwich/bocadillo del almuerzo (cuenta como 2 onzas de granos enteros).

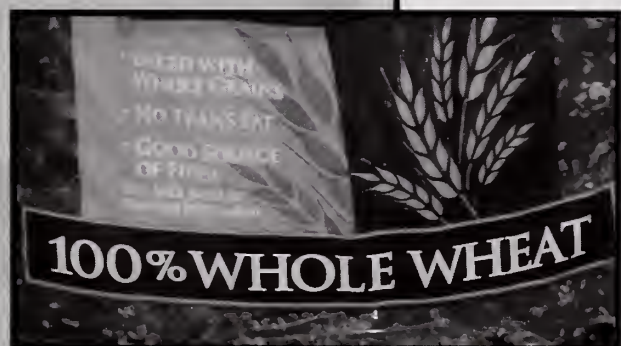


- Una taza de arroz cocido para la (cena cuenta como 2 onzas de granos).



- Un pedazo pequeño de pan de maíz para la cena (cuenta como 1 onza de granos).

### Consejos para comprar granos:



- De estas 6 onzas, como mínimo 3 deberían ser de grano integral. Esto era nuevo para mí. Pensaba que si el pan era negro o de color moreno, era de grano integral. Esto no es siempre la verdad. Busco que en la etiqueta diga 100% grano entero (whole grain) o 100% trigo integral (whole wheat). Si ve cualquiera de estas palabras como primer ingrediente es que están hechos con grano integral.
- Usted puede ahorrar dinero comprando granos en tiendas de descuento de pan (panes del día anterior). Pregúntele a su educador de nutrición si hay una de estas tiendas cerca de usted que acepte cupones para alimentos.



## Consejos para servir granos:

- Algunos de los granos que les gustan a mi familia son el pan integral y los cereales, la harina de avena, las palomitas de maíz, el arroz integral y las tortillas de maíz de grano integrales.
- Incluyo los granos en muchas de las recetas que preparo. He aquí algunas recetas divertidas y deliciosas en las que se pueden usar granos integrales muy fácilmente.

# Tostada francesa fantástica

Tamaño de la porción: 1/6 de la receta | Hace: 6 porciones

## Ingredientes:

- 2 huevos
- 1/2 taza de leche sin grasa
- 1/2 cucharadita de extracto de vainilla
- 6 rebanadas de pan integral
- Sirope ligero o frutas (opcional)

## Instrucciones:

1. Precaliente la parrilla a fuego mediano, o bien ponga una sartén eléctrica a 375 grados.
2. Ponga los huevos, la leche y el extracto de vainilla en un tazón poco hondo y bata con un tenedor hasta que se mezcle bien.
3. Unte la parrilla o sartén con una capa fina de aceite o aceite para cocinar en spray.
4. Unte ambos lados del pan, una sola rebanada a la vez, con la mezcla del huevo y ponga a cocer en la parrilla o sartén.
5. Fría un lado hasta que se dore bien. Gire la rebanada y fría el otro lado. Tarda unos 4 minutos en prepararse por cada lado.
6. Sirva con compota de manzana, pedazos de fruta o mermelada.



## Menú de desayuno

Tostada francesa fantástica  
Sirope ligero  
Compota de manzana  
Leche sin grasa o poca grasa





# Arroz con frijoles estilo cubano

Tamaño de la porción: 1 taza y 1/2 | Hace: 4 porciones

## Ingredientes:

- 1 cucharadita de aceite de oliva
- 1 cucharada de ajo molido
- 1 cebolla cortada a pedazos
- 1 taza de pimiento verde cortado en daditos
- 3 tazas de frijoles negros cocidos
- 2 tazas de caldo de pollo, bajo en sodio
- 1 cucharada de vinagre
- 1/2 cucharadita de orégano seco
- pimienta negra al gusto
- 3 tazas de arroz integral cocido

## Instrucciones:

1. Caliente el aceite de oliva en una sartén que no se pegue. Rehogue el ajo, la cebolla y el pimiento verde hasta que se doren; aproximadamente 3 minutos.
2. Mezclar con los frijoles, el caldo, el vinagre y las especias. Darle un hervor y dejarlo a fuego lento. Cocer y cubrir por 5 minutos.
3. Poner por encima del arroz y servir.

## Menú de almuerzo o cena

Arroz con frijoles  
estilo cubano

Ensalada verde con  
aliño de poca grasa

Fresas o uvas rojas

Leche sin grasa o poca grasa

# Avena banana split

Tamaño de la porción: 1 | Hace: 1 porción

## Ingredientes:

- 1/3 de taza de avena instantánea
- 1/8 de cucharadita de sal
- 3/4 de taza de agua muy caliente
- 1/2 de banana a rodajas
- 1/2 taza de helado de yogur sin grasa

## Instrucciones:

1. En un tazón que se pueda meter en el microondas, mezcle la avena y la sal. Remover con el agua.
2. Ponga la mezcla en el microondas a una potencia del 100% por 1 minuto. Remueva. Ponga la mezcla en el microondas a una potencia del 100% por otro minuto. Remueva de nuevo.
3. Ponga la mezcla en el microondas entre 30 y 60 segundos más a una potencia del 100% hasta que el cereal alcance el espesor deseado. Remueva de nuevo.
4. Decore con rodajas de banana y helado de yogur.

## Menú de desayuno

Avena banana split

1/2 panecillo integral

Leche sin grasa o poca grasa

**Consejo:** La Avena Banana Split también puede ser una merienda por sí sola.







## Hábito N° 5

# Escoja proteínas bajas en grasas

La carne y las legumbres nos dan proteínas. Nosotros necesitamos proteínas cada día. Cada miembro de mi familia necesita cada día 5½ onzas de proteínas procedentes de carne o legumbres. Me costó mucho aprender las onzas. Pero mi experto en nutrición me enseñó cómo hacerlo.

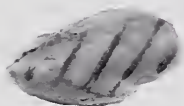
### En un día puede que comamos:



- Un huevo entero (o una taza de manteca de maní) para el desayuno (cuenta como 1 onza de carne y legumbres).



- 1/2 taza de frijoles negros cocidos para el almuerzo (cuenta como 2 onzas de carne y legumbres).



- La mitad de una pechuga de pollo (cuenta como 2 a 3 onzas de carne y legumbres).

### Consejos para servir comidas con proteínas:

- Me sirvió empezar a usar mis tazas y cucharas de medir. Aprendí que comer 1 taza de frijoles equivale a 4 onzas de carne. Esto me ayudó a juzgar cuántos alimentos del grupo de carnes y legumbres consume mi familia.
- Al pollo le quito la piel y la grasa.
- Cocino al horno, en el microondas o a la parrilla las carnes. Esto representó un gran cambio, ya que solía freír mucho.
- Con frecuencia sirvo otras comidas con proteínas como por ejemplo las judías, frijoles o guisantes secos, pescado, cacahuete, nueces, almendras, y huevos.

## Consejos para comprar alimentos con proteínas:

- Compro carnes magras o con poca grasa (pollo y pavo). Tienen menos grasas.
- Preparo más pescado. Compro pescado fresco cuando está de oferta, o bien atún y salmón en lata. Los pescados en lata suelen ser menos caros.

Pruebe estas recetas que están bien de precio:



## Pollo y frijoles

Tamaño de la porción: 1/6 de la receta | Hace: 6 porciones

### Ingredientes:

- 1 lata (15 onzas) de judías pintas o frijoles
- 1 diente de ajo
- 1 cebolla mediana
- 2 muslos y 1/2 de pollo
- 8 onzas de salsa de tomate
- 1/4 de taza de vinagre
- 1 cucharadita de azúcar
- sal y pimienta al gusto

### Instrucciones:

1. Escurre y enjuague los frijoles.
2. Aplaste el ajo.
3. Corte la cebolla en daditos.
4. Corte los muslos de pollo en daditos.
5. En un pote grande, cueza el pollo hasta que esté medio hecho.
6. Añada la salsa de tomate, el vinagre, la cebolla, el ajo, el azúcar, la sal y la pimienta.
7. Hierva al fuego lento aproximadamente entre 30 y 40 minutos o hasta que el pollo esté tierno.
8. Añada los frijoles y hierva a fuego lento durante 5 a 10 minutos.

**Notas:** Los vinagres de sidra, blancos y japonés difieren en gusto. Pruebe otras verduras. Se pueden usar legumbres secas. Ver paquete para instrucciones de preparación.

## Menú

de almuerzo o cena

Pollo y frijoles

Brócoli

Papaya

Leche sin grasa o poca grasa





## Enchiladas de frijoles

Tamaño de la porción: 2 enchiladas  
(6 pulgadas o 15 cm. cada una) | Hace: 4 porciones

### Ingredientes:

- 3½ tazas de judías pintas o frijoles (o 2 latas de 15 onzas cada una de judías pintas bajas en sodio)
- 1 cucharada de chile picante rojo en polvo
- 1/2 taza de queso rallado con poca grasa, como el Monterey Jack
- 8 tortillas de 6 pulgadas a 8 pulgadas
- salsa (opcional)

### Instrucciones:

1. Coloque las judías o frijoles en un tazón grande y desmenúcelas con un tenedor o un triturador de papas; agregar el chile en polvo.
2. Envuelva las tortillas con una toalla de papel húmeda. Ponga en el microondas a ALTO por 45 segundos o hasta que las tortillas estén blandas y calientes.
3. Reparta la mezcla de frijoles entre las tortillas y cúbralas hacia el centro de la tortilla. Espolvoree el queso sobre la mezcla de frijoles.
4. Enrolle las tortillas para cerrar la mezcla.
5. Rocíe un recipiente para el horno de 9 x 13 pulgadas con un rociador de aceite para que no se pegue.
6. Coloque las enchiladas, con el cierre hacia abajo en el recipiente para el horno.
7. Cubra con papel de aluminio y hornee a 350 grados por 20 minutos o hasta que se caliente por dentro.
8. Servir caliente con salsa.

## Menú de almuerzo y cena

Enchiladas de frijoles

Ensalada de  
lechuga y tomate

Peras

Leche sin grasa o poca grasa



# Pizzas de tortilla

Tamaño de la porción: 1 pizza | Hace: 6 porciones | Tiempo: 25 a 30 minutos

## Ingredientes:

- 12 tortillas pequeñas de maíz o de trigo
- aceite vegetal o margarina
- 1 lata de frijoles refritos (16 onzas)
- 1/4 de taza de cebolla a pedazos
- 2 onzas de guindillas/chiles frescos o en lata cortados en daditos
- 6 cucharadas de salsa roja para tacos
- 3 tazas de verduras cortadas a pedazos, como por ejemplo brócoli, champiñones, espinacas y pimiento rojo
- 1/2 taza de queso mozzarella desnatado molido
- 1/2 taza de cilantro fresco cortado (opcional)

## Instrucciones:

1. Cepille cada lado de dos tortillas con agua. Oprima juntos los lados húmedos de las tortillas hasta formar una costra de masa para pizza.
2. Cepille la parte de fuera de las tortillas con una pequeña cantidad de aceite o margarina. De forma igual dore ambos lados en una sartén caliente. Repetir para el resto de las tortillas. Reserve.
3. Caliente los frijoles refritos, la cebolla y la mitad de las guindillas/chiles en una cacerola mediana, removiendo de vez en cuando. Retire del fuego.
4. Reparta aproximadamente 1/3 de taza de la mezcla de frijoles en cada pizza de tortilla. Reparta 1 cucharada de la salsa para tacos, y luego cubra con 1/2 taza de verduras cortadas, 1 cucharadita de guindillas/chiles y 1 cucharada de queso para cada pizza.
5. Devuelva la sartén al fuego y calentar hasta que se funda el queso. Decorar con cilantro si se desea. Servir inmediatamente.

## Menú de almuerzo o cena

Pizzas de tortilla  
Coctel de frutas  
Leche sin grasa  
o poca grasa





## Hábito N° 6

# Vigile la grasa, el azúcar y la sal (sodio)

Creía que todas las grasas eran malas para nosotros. Pero existen ciertos tipos de grasas que son buenas, en cantidades razonables. Aprendí que las grasas que debería usar son los siguientes aceites:

- Aceite de canola
- Aceite de maíz
- Aceite de oliva
- Aceite de soya
- Aceite de cártamo
- Aceite de girasol
- Los aceites de los pescados, frutos secos y semillas

Hay ciertos tipos de grasas que es mejor tomar en cantidades limitadas. Son las siguientes:

- Mantequilla
- Manteca de cerdo
- Margarina
- La grasa de las carnes y las aves
- Las **grasas trans** (*trans fat*) existen en muchas de las **comidas preparadas** como por ejemplo, los pasteles, galletas, galletas saladas, tartas, donuts, margarina, las comidas fritas, «chips», y las materias grasas de las verduras.

El educador sobre nutrición me ayudó a saber leer las etiquetas de Datos de Nutrición de los alimentos para saber lo que había en la comida que compraba.

- Aprendí a comer pequeñas cantidades de grasas, incluso de aceites, ya que tienen muchas calorías.
- También vigilo el azúcar que consume mi familia. Elijo alimentos y bebidas que tengan poca azúcar. El azúcar añade calorías a los alimentos y muy poca nutrición que necesitamos. Algunos de los alimentos que suelen tener mucha azúcar son: las sodas, los dulces y las bebidas con sabores a frutas.
- Otra de las cosas que busco al leer las etiquetas de Datos de Nutrición, es la cantidad de sodio (sal). Intento comprar alimentos enlatados que sean bajos en sodio.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250      Calories from Fat 110

### % Daily Value\*

**Total Fat** 12g      18%

**Saturated Fat** 3g      15%

**Trans Fat** 3g

**Cholesterol** 30mg      10%

**Sodium** 470mg      20%

**Potassium** 700mg      20%

**Total Carbohydrate** 31g      10%

**Dietary Fiber** 0g      0%

**Sugars** 5g

**Protein** 5g

**Vitamin A**      4%

**Vitamin C**      2%

**Calcium**      20%

**Iron**      4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g





## Hábito N° 7

# Combine su dieta de alimentos con ejercicio físico

Comer alimentos sanos es importante, pero también aprendí que necesitamos el ejercicio físico. Aprendí que:

Los niños necesitan por lo menos 60 minutos de ejercicio físico la mayoría de los días.

Los adultos necesitan por lo menos 30 minutos de ejercicio físico la mayoría de los días de la semana.

Es posible que necesite más ejercicio físico si desea perder peso o mantener un peso que sea saludable para usted. Si tiene alguna pregunta acerca de lo que a usted le conviene, visite la página Web [www.mypyramid.gov](http://www.mypyramid.gov).

El ejercicio físico debería ser moderado, como por ejemplo estas actividades físicas:

- Caminar rápido
- Jardinería
- Bailar
- Hacer bicicleta

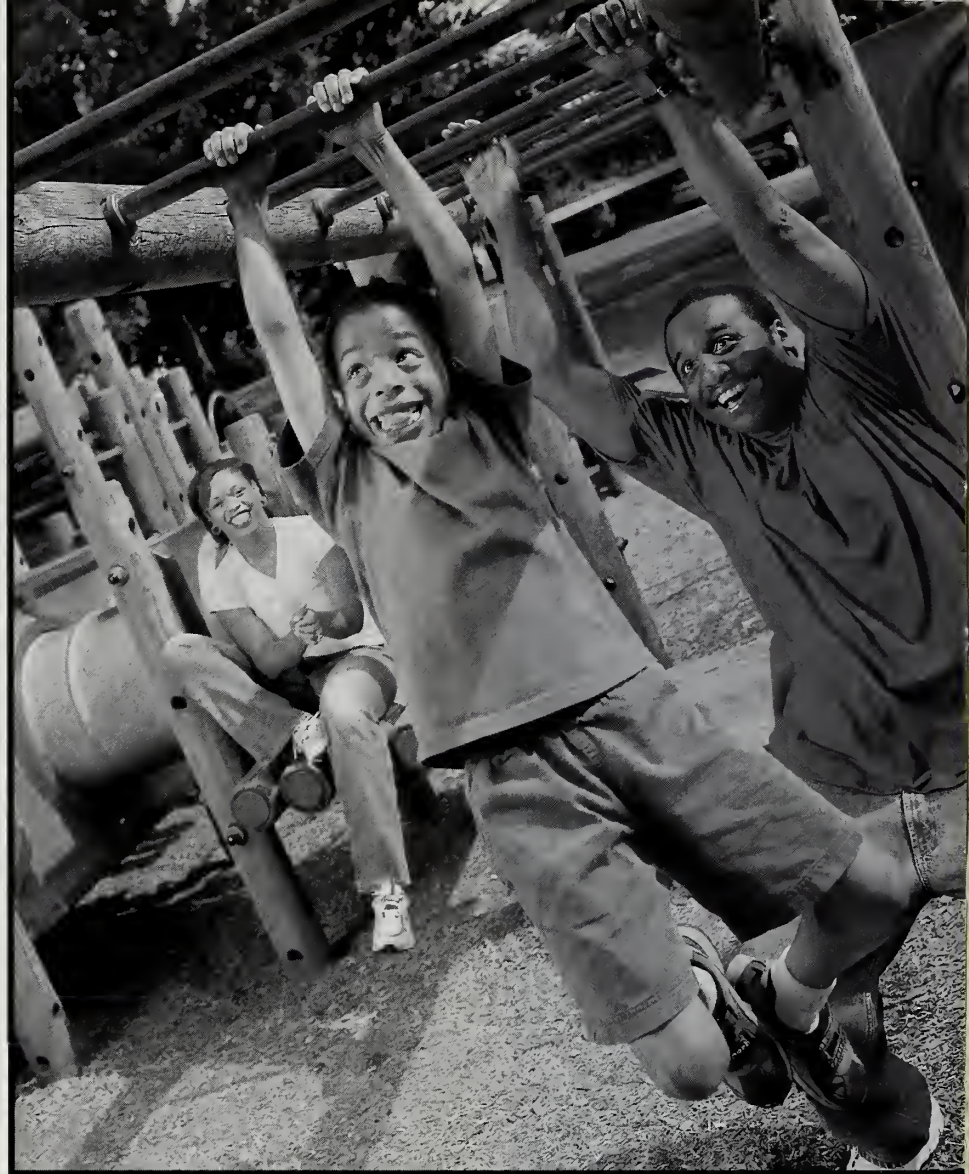




Me gusta el ejercicio físico porque me hace sentir mejor. Camino la mayoría de los días y esto me ayuda a ocuparme mejor de mi familia. Caminar es bueno para la mayoría de las personas.

Uno de los secretos para una familia sana es equilibrar lo que comemos con el ejercicio físico. Necesitamos “usar” lo que consumimos. Esto significa quemar las calorías que consumimos.

Mantenerse activo puede ser una cosa de familia. Mantenerse activo ayuda a toda la familia. Incluso si su familia está ocupada, hay muchas formas de mantenerse activo.



### Intenten lo siguiente:

- Caminar o jugar juntos.
  - Pasear por un área que sea cómoda en su vecindario, el parque o unos grandes almacenes.
  - Acompañar caminando a sus hijos a la escuela.
  - Caminar hasta la tienda cuando sólo necesita unas pocas cosas.
  - Jugar con sus hijos a baloncesto, fútbol o perseguirse el uno al otro.
- Comprobar con su centro comunitario local si ofrecen programas de ejercicio, clases de baile u otras actividades.
- Unirse a un grupo organizado por la iglesia que practique actividades físicas.
- Subir y bajar escaleras, en vez de usar el elevador.
- Estacionar lo más lejos posible de las tiendas para caminar un poco más cada día.
- Si hace mal tiempo, ponemos música y bailamos o caminamos en fila por la casa. A mis hijos les encanta. Y yo también disfruto. Hace que todos nos movamos y que no miremos tanta televisión. Cuánto más se mueva, mejor se sentirá y más sano estará.

Sea lo que sea que usted escoja hacer, muévase. Mientras más se mueva, mejor se va a sentir, y más saludable estará.



# Spanish Participant Education Materials

## ■ What's Inside:

- Spanish: Their Future Means Everything to You Brochure
- Spanish: The Healthy Family Guidebook
- Spanish: Handouts
  - Spanish: Family Meals – Easy, Tasty, and Healthy!
  - Spanish: What counts as one cup of fruits?
  - Spanish: What counts as one cup of vegetables?
  - Spanish: Ways to Eat Smart and Move More
- Spanish: Black and White Reproducibles

# Thanks to you

THE FOOD STAMP PROGRAM (FSP) HELPS MILLIONS OF FAMILIES PUT HEALTHIER FOODS ON THEIR TABLES. FSP can do this because you make extraordinary contributions to the Program's success. More important, you provide those families hope for a better future.

In spite of demanding work you put your clients' interests first. Your dedication comes from a personal mission to help others. You **MAKE A DIFFERENCE** in your clients' lives. We know this because we spent nearly a year visiting with Food Stamp Nutrition Education providers and program administrators and your "calling" came across loud and clear.

We also talked with the people you help, FSP participants. It may surprise you that participants value the **SUPPORT AND EDUCATION** you provide, that many of them put into practice what you teach, and that nutrition education is a powerful influence.

The research also showed that staff want more help with low-literate and Spanish-speaking participants. And participants in those groups say they want to learn **PRACTICAL SKILLS** related to what you teach. To help FSP is introducing *Loving Your Family, Feeding Their Future: Nutrition Education Through the Food Stamp Program*. This initiative provides complementary materials and techniques to make Food Stamp Nutrition Education even more effective and your job easier.

The Food Stamp Program depends on you and families depend on you, even more, for a better future.

